

Hafa Adai!

CNMI creates emergency medical team. **PAGE 5**

NWS: Tropical storm is no threat to Marianas. **PAGE 6**

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\$300M new airport eyed

» **Public-private partnership among options to fund project**

By **FERDIE DE LA TORRE**
ferdie_delatorre@saipantribune.com
REPORTER

The Commonwealth Ports Authority board has started public discussions on CPA's plan to build a new \$300-million terminal to replace the existing Francisco C. Ada/Saipan International Airport that CPA board chair Kimberlyn King-Hinds described as "outdated and deteriorating."

And since CPA and the CNMI government do not have the money to finance that big project, one of the options that CPA will explore is

See \$300M on Page 4



Commonwealth Ports Authority board chair Kimberlyn King-Hinds shares a document with board director Ramon Tebuteb during the CPA board's airport and finance committee meeting Friday at the Aircraft Rescue and Firefighting classroom at the Francisco C. Ada/Saipan International Airport.

FERDIE DE LA TORRE

Survey: More support than oppose impeachment probe

By **HANNAH FINGERHUT** and **JILL COLVIN**
ASSOCIATED PRESS

Trump than disapprove of it, though only about a third say the inquiry should be a

WASHINGTON (AP)—More Americans approve of the impeachment investigation into President Donald

ONLINE
AP-NORC Center:
<http://www.apnorc.org/>

top priority for Congress, according to a new poll from The Associated Press-NORC Cen-

See SURVEY on Page 4

USCIS urges re-parole

By **ERWIN ENCINARES**
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REPORTER

U.S. Citizenship and Immigration Services is urging parolees who want to maintain their immigration status beyond Oct. 28, 2019, to submit a re-parole request as soon as

possible.

With the parolee program extension ending last Oct. 28, 2019, USCIS told *Saipan Tribune* in a statement that individuals who wish to maintain their parole status beyond the final extension date have to

See USCIS on Page 4

Missing girl found safe

By **MARC A. VENUS**
marc_venus@saipantribune.com
REPORTER

A small Halloween scare was averted after the 13-year-old female child who was reported missing after trick-or-treating last Thursday was found last Friday. In a report from the

Department of Public Safety, the child is with her family and in good spirits.

Saipan Tribune learned that the child was found at about 2:15pm on Friday and was returned home to her family. She was reportedly helping

See MISSING on Page 4



BEST OF GIFF FESTIVAL

Denton Pangelinan holds the "Best of Festival" trophy from the 2019 Guam International Film Festival, for his film, Remember Me.

CONTRIBUTED PHOTO

Story on Page 6

INSIDE



LOCAL

Northern Marianas College receives national recognition for its outreach activities.

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BUSINESS

United Airlines has launched Miles on a Mission as a simple way to donate miles to charities.

PAGE 13



NATION

A federal judge has put on hold a rule requiring immigrants to prove they have health insurance.

PAGE 14



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Local

NMC again receives national recognition for marketing

The Northern Marianas College recently received national recognition for its outreach activities undertaken by the institution's marketing office.

The recognition, awarded for 2019, came from the District Six region of the National Council for Marketing & Public Relations, which represents marketing and public relations professionals at community and technical colleges. The organization has more than 1,700 members from nearly 650 colleges across the United States and Canada.

District 6 includes Arizona, California, Hawaii, Nevada, the CNMI, FSM, Palau, Marshall Islands, and Guam.

NMC bested other colleges to win the 2019 Medallion Awards for gold and silver in the video shorts category. Since 2015, the college has received awards for its video and graphic designs.

The Medallion Awards recognizes outstanding achievement in design and communication from its current members in the organization. The regional competition is exclusive to two-year colleges and evalu-



Northern Marianas College's Office of Institutional Advancement recently won awards for its marketing efforts from the National Council for Marketing and Public Relations. From left, graphic designer Renedel Buno, program coordinator Miguel Dandan, marketing interns Annel Ligaya and Casey Huliganga, and interim director for Marketing and Communications Raynard Travilla.

NMC

ates a variety of products such as videos, social media, posters, postcards, print advertisements, website design, and many more.

"This is a big deal for the college," said Frankie Elipitico, interim NMC president. "We are up against many institutions who have more re-

sources than us, and the fact that NMC came out on top in this category is a big honor."

The medallion awards were presented at an annual District Six conference in Utah. However, representatives from NMC were unable to attend in person.

The college's Office of

Institutional Advancement leads all marketing and communications efforts for the college. The mission of OIA

is to implement a strategic and integral communications effort that is committed to helping to Northern Mari-

anas College as the premier provider of higher education and training opportunities in the Pacific. (NMC)

Aldan-Pierce: Skymark flights signal re-emergence of Japan market

By **FERDIE DE LA TORRE**
ferdie_delatorre@saipantribune.com
REPORTER

Marianas Visitors Authority board chair Marian Aldan-Pierce sees Skymark Airlines Inc.'s Nov. 29 launch of its non-stop daily regular scheduled flights from Tokyo-Narita to Saipan as the re-emergence of the Japanese market in the CNMI.

Aldan-Pierce said in an interview Friday that regular

flights from Japan to Saipan is something that MVA and the government have been working on for over a year.

"We're very excited about Skymark's entry into the CNMI," Aldan-Pierce said.

She said everybody—from the Saipan community to their Japanese friends—is excited about the daily flights and they are looking forward to this favorable development.

She said the CNMI has a

historic positive relationship with Japan that goes back several years, since the Commonwealth's tourism market was actually built on the entry of Japanese tourists.

"They started this back in the '70s and it will be great to have them back," Aldan-Pierce said.

She believes people should be scrambling for Skymark's special offer called "Saipan Special" that started last Friday. This affordable fare option is already available on Japan domestic flights and is being made available to its first-ever regular international service.

Skymark introduced the "Saipan Special" to mark the launch of the new route between Tokyo (Narita) and Saipan. Sale of tickets started Friday until Dec. 31, 2019.

Under the "Saipan Special" promotion, from Nov. 29, 2019, to March 28, 2020, Skymark's special offer for one-way fare per passenger is \$38 or 3,800 in Japanese yen.

Taxes and fuel surcharge, however, will be imposed on international flights.

From March to September this year, Skymark operated 19 charter flights to Saipan, with its first historic touchdown on Saipan occurring last March 22. Skymark came with a chartered B737-800 plane carrying 173 passengers, making it the first Japanese carrier to fly directly to Saipan since Japan Airlines withdrew from the CNMI in 2005.

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House to discuss card requirements for businesses

The House of Representatives will be tackling legislation that seeks to require all businesses to accept debit and credit cards

as a medium of transactions in the Commonwealth.

The House will be discussing Rep. Luis "L.J." John Castro's

(R-Saipan) House Bill 21-75, or the bill that seeks to mandate all businesses to accept at least two modes of transactions, one of which must be through debit or credit cards.

This comes soon after the House adopted the committee report 21-45 on H.B. 21-75 issued by the House Committee on Commerce and Tourism, led by chair Rep. Joseph "Lee Pan" Guerrero (R-Saipan) and in the wake of some House members started bringing up concerns at the House session last Oct. 31, 2019.

Rep. Tina Sablan (Ind-Saipan) pointed out that while the legislation reached out to

some businesses, she noted that comments were only solicited from banks on the island and a large business that already offers debit and credit card transactions.

"I appreciate the work of the committee, but I would be concerned on adopting this committee report without seeking comments from the businesses that would be most impacted," she stated during the report's discussion, adding that small businesses would be the most affected.

Although the legislation exempts businesses with an annual gross revenue of \$25,000 or less, Rep. Edwin K. Propst

(Ind-Saipan) pointed out that not all businesses can afford to pay the merchant fee associated with terminal services for credit and debit cards.

"...We are looking at small businesses who will struggle with paying the merchant fee," he said.

Propst further noted that his office noted a call from a small business owner who feels that his constitutional right as a business owner to have an option of accepting payment, regardless of the form, for services rendered or merchandise parted with, will be violated.

"We know that large businesses...have no problem with absorbing merchant fees...but the small businesses that open for the Sabalu Market,

the fishermen, and those who sell things on the side are really the ones who are going to struggle," he said.

Both Sablan and Propst recommended that the legislation go back to the committee for further review.

Castro noted that the legislation is more than just about requiring businesses to accept card transactions.

"The legislation clarifies the importance of allowing debit and credit cards to be used for purchases," he said.

According to the legislation, offering card transactions also assists with recordkeeping on the government's side, specifically by providing a more accurate record of sales. **(Erwin Encinates)**

Man is booted from drug court, pleads guilty plea to possession

A man was terminated from the CNMI Drug Court Program and pleaded guilty to illegal possession of methamphetamine.

Superior Court Associate Judge Teresa K. Kim-Tenorio said that Milton Borja Camacho will not continue with the Drug Court Program.

Camacho, 38, waived his constitutional rights and pleaded guilty to illegal possession of a controlled substance.

Kim-Tenorio set a status conference in Camacho's case for Nov. 7 before Associate Judge Wesley Bogdan.

According to the factual basis of the plea agreement, Camacho was found in possession of crystal methamphetamine on April 21, 2016.

The offense carries a maximum sentence of not more than five years imprisonment, not subject to suspension, parole or probation, and a fine of \$2,000.

Camacho was first arrested on Oct. 31, 2016, by the CNMI Drug Enforcement Task Force for trafficking and illegal possession of methamphetamine.

The arrest was made after Camacho allegedly sold \$160 worth of "ice" to the Drug Enforcement Task Force's "cooperating source" during a sting operation at his home in Chalan Kanoa on April 21, 2016.

Upon his arrest, Camacho agreed to serve as a confiden-

tial informant in exchange for his release on own recognizance. The court granted the authorities' request for Camacho's release.

But in June 2017, assistant attorney general Chester Hinds, counsel for the government, asked the court to revoke Camacho's release for failure to help law enforcers with investigations.

The court granted the government's motion and Camacho was re-arrested in June 2017.

Camacho was then later allowed to participate in the CNMI Drug Court Program, which requires two years to complete.

Camacho, however, tested positive for drug use after failing his urinalysis test several times. This prompted Hinds to move Camacho's termination from the Drug Court Program.

Camacho did not deny the positive tests, but asked the court to give him more time.

Kim-Tenorio denied Camacho's request as he has already been given many chances.

Sean Frink served as the court-appointed counsel for Camacho. **(Ferdie de la Torre)**

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COMMUNITY BRIEFS

KHS progress reports out

Kagman High School will be hosting its first progress report of the year on Wednesday, Nov. 6, from 4pm to 6pm, in the KHS cafeteria. KHS will take the remaining progress reports to the north at Tanapag Middle school on Nov. 7 from 4pm to 5:30pm. (PR)

Military to conduct trainings

SANTA RITA, Guam—Helicopter Sea Combat Squadron 25 will conduct training on Nov. 4, in outer Apra Harbor, from 5pm to 9pm.

HSC-25 will also conduct training on Nov. 5-7, at Radio Barrigada, from 9pm to 11:55pm.

The Air Force will conduct training on Nov. 4-7 at Warning Area 13BC, from 10am to 6pm.

This training supports aircrew combat readiness and is critical to developing the skills needed to respond to operational missions throughout the region to ensure a stable, free, and open Indo-Pacific.

For the duration of the exercise, it is recommended the public, fishermen, and marine tour operators remain clear of the following coordinates: 15° 50'N/146° 50'E, 14° 54'N/146° 50'E.

The U.S. Navy will conduct open-ocean exercises within a 10-nautical-mile radius of the coordinates

13°26'N/145°08'E and 13°42'N/144°36'E during the following dates and times:

■ Nov. 4, from 6pm to 10pm
■ Nov. 5, from 12pm to 6pm
■ Nov. 6, from 9pm to 11:55pm

■ Nov. 7, from 6pm to 10pm
U.S. Naval Base Guam Security Forces will conduct training on Nov. 5, from 7am to 3pm, in outer Apra Harbor. It is recommended the

public, fishermen, and marine tour operators monitor the U.S. Coast Guard broadcast notice to mariners for advisories.

These types of trainings are designed to enhance the readiness of military personnel. Residents in surrounding areas should not be alarmed if they see or hear increased activity associated with the training. (PR)

SURVEY

From Page 1

ter for Public Affairs Research.

That solid, if measured, support serves as a warning sign for Trump's White House and reelection campaign, which have insisted that pursuing impeachment will end up being a vulnerability for Democrats heading into 2020.

But the findings present some red flags for Democrats, too: More people say House members are motivated mainly by politics rather than by duty as they investigate the Republican president's dealings with Ukraine and whether he abused his office or compromised national security when he tried to pressure the country to dig up dirt on a political rival.

And assessments of the president's performance generally have remained remarkably stable even as the in-

vestigation has unfolded at a rapid clip.

Overall, 47% said they support the impeachment inquiry, while 38% disapprove.

Still, 53% of Americans think the House is acting mainly on a political motivation to challenge Trump's presidency. That compares with fewer, 43%, who say it's acting more in good faith on its responsibility to investigate the executive branch.

Like most assessments of Trump and Washington, views of impeachment are starkly polarized.

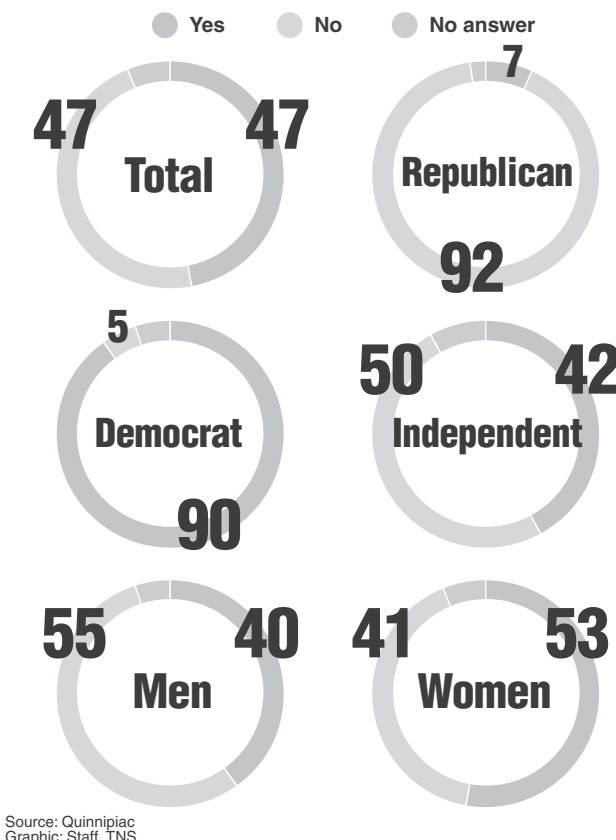
A vast majority of Democrats approve of the inquiry, including 68% who strongly approve.

Among them is Sandra Shrewsbury, 70, who lives in Greencastle, Indiana. She said that Trump's impeachment is long overdue.

"I am really concerned about our country if this does not stop," she said of Trump's time in office.

America is divided on impeachment

Do you think that President Trump should be impeached and removed from office?

**\$300M**

From Page 1

a public-private partnership, said King-Hinds Friday, at the CPA board's airport facilities committee meeting.

King-Hinds said she will be creating an ad hoc committee, with members that are stakeholders and partners of CPA, to explore options to fund the project.

She said she would like to invite the Marianas Visitors Authority to be part of that committee.

CPA board vice chair Roman T. Tudela said he wholeheartedly agrees with King-Hinds' recommendation, particularly on the financial side. He said this is a big project and that CPA needs to look at alternatives on how to finance it.

Tudela, who also chairs CPA board's financial affairs committee, said it should be up to the ad hoc committee to determine how to finance the project. "We need to start now," he added.

In a later interview, King-Hinds said the CPA board has been talking for over two years now the idea of renovating and expanding the existing infrastructure at the international airport that she believes

is over 50 years old.

King-Hinds said Super Typhoon Yutu wreaked havoc on the already deteriorating building at the airport in October 2018.

The underlying issue, she said, is that either CPA keeps investing in an "old car" or coming up with a hard decision of buying a "new car."

"I think the facility is outdated. Obviously, we've heard concerns from our partners that it's not really conducive to a great traveling experience," she said.

At present, she said, CPA does not have the financial capability to build a new terminal, so they have to think "outside the box" and put the issue on the CPA board's agenda is to begin public discussions.

She underscored the importance of being transparent about how to explore different funding mechanisms to be able to realize the goal of building a new terminal.

She believes it would be good to get all stakeholders together to explore different options. And because they are looking at exploring new ideas, King-Hinds said it is very important that they are transparent as to what those ideas are and the public is kept informed about appoint-

ing different members outside of CPA.

"I think that it would be a good way of sharing information and getting the community involved in terms of putting together an action plan on how to come about with exploring ideas to fund the new terminal," she said.

King-Hinds said the \$300 million is just the preliminary numbers that are coming out from their ongoing master plan project.

She said it's a huge amount and that she knows that CPA does not have the ability to generate that kind of money and that the CNMI government certainly does not have the money either.

"We can say, 'Hey, we just can't do because we don't have the money,' or we can think outside the box and look for different ways," she said.

One of the options that King-Hinds is looking at and talking with different people is the idea of exploring a public-private partnership that may entail some sort of privatization of the new terminal.

"Basically, it is looking at companies who are into this type of business of developing airports," she said.

She cited the examples of Palau and Bermuda.

In Palau, the government

partnered with a private entity to design, build, and operate a new terminal. "Obviously I don't know the full details of what their plans are, but that's what they are doing," she said.

In Bermuda, King-Hinds said, they are already in the construction phase with "a design, build, operate, and maintain" scheme.

What the Bermuda ports authority has done is come to an agreement with a company that does terminal construction and partnered with that entity. She said the company designs, builds, maintains, and operates the airport.

"And what they do basically is come with an agreement with the ports authority and the Bermuda government to assign some of the revenues that are raised from the collection of fees right at the airport to be able to get return on their investments," she said.

King-Hinds said they will discuss the creation of the ad hoc committee at the CPA board meeting on Nov. 8. She already has some ideas on who should sit on that committee.

She clarified that the plan to build a new terminal at the international airport is different from the ongoing project of building a new commuter terminal.

MISSING

From Page 1

with trick-or-treating activities around her village. Police did not specify her age or why took several hours to track her down.

Word about the girl's disappearance Thursday night spread over social media, but, with the community's support, local authorities were able to locate the child in time.

DPS later issued a statement confirming that the child has been found and credited the help of its federal partners and the community for the many tips called in for successfully locating the child. DPS encourages the public to call 911 anytime to report of a crime or an emergency occurs.

This came soon after a re-

port of a 7-year-old girl who was critically injured Thursday night after being hit by stray gunfire while she was trick-or-treating in Chicago.

The girl, who was shot in the upper chest area, was taken to Stroger Hospital in critical condition, according to Fire Department spokesman Larry Langford. A 30-year-old man was shot in the left hand and taken to a nearby hospital in good condition.

A 15-year-old boy was charged Friday night with attempted murder.

The shooting occurred early Halloween evening as the girl was walking with her family and other trick-or-treaters along a street in the Little Village neighborhood.

Police believe the girl was an unintended victim. (With AP)

USCIS

From Page 1

submit a re-parole request as soon as possible.

"Individuals who submit a re-parole request will receive a letter from USCIS granting parole, unless there is a specific reason to deny the request as determined on a case-by-case basis. USCIS will grant parole with an expiration date no later than June 29, 2020," a USCIS statement noted.

USCIS did not respond to requests to clarify the proper courses of action for a parolee who has not received a response for a 2018 re-parole request.

However, the USCIS representative noted that parolees who wish to work beyond Oct. 28, 2019, or who do not have an Employment Authorization Document must file USCIS Form I-765, or an Application for Employment Authorization.

"Form I-765 should not be filed until after the parolee has requested and received a grant of parole beyond Oct. 28, 2019, but it should be filed as soon as possible after receiving the letter granting parole," USCIS said.

The USCIS representative further noted that individuals who are eligible for the new CNMI Resident Status under

the NMI Long-Term Legal Residents Relief Act, or Public Law 116-24, will have to wait in the "coming months" for more information and the announcement of the procedures to apply for this status.

P.L. 116-24 was signed into law last June 25, 2019. The legislation allows eligible parolees to apply for a permanent resident status exclusive to the CNMI. However, USCIS has yet to issue the necessary regulations to allow eligible parolees to apply for permanent resident status, hence the need to apply for re-parole beyond the Oct. 28, 2019 extension deadline.

P.L. 116-24 was written with the intent to provide permanent status in the NMI to parents and spouses of U.S. citizens, in-home caregivers, certain stateless individuals, and immediate relatives of people that are granted permanent status by CNMI immigration law. In total, Delegate Gregorio Kilili C. Sablan (Ind-MP) noted that this legislation affects 1,039 individuals in the CNMI.

The legislation was passed after almost five months of discussion in the U.S. Congress.

Sablan sponsored the bill last Jan. 15, 2019. It passed the U.S. House of Representatives on June 3, 2019. The Senate passed it on June 24, 2019, and it was enacted two days later.

CNMI creates emergency medical team

Indigenous Expo reset to Nov. 9

By IVA MAURIN

iva_maurin@saipantribune.com
REPORTER

The Indigenous Cultural Expo is back. This time, it will be even bigger, with a Kantan Isla Concert.

The expo, which will be held on Nov. 9, Saturday, from 9am to 9pm at the Guma Sakman at the Civic Center in Supe will feature 12 hours of pure Chamorro and Carolinian traditions.

The expo will showcase seafaring traditions, traditional food and medicines (with free tastings), traditional coconut products and use, native agricultural techniques, bull cart ride (free rides), cultural performances, and language and culture, and eve a petting zoo.

The cultural expo will also feature Kantan Isla.

"Kantan Isla is promotion of local music," said Indigenous Affairs Office director Roman Tudela Jr. "We are going to be having performers throughout the expo. We are trying to see if we can get the youth involved. It is about our local music."

Tudela, who is also a musician, aspires to get the CNMI youth involved in local music, so the younger generations can continue with the tradition.

"We have been doing this for years as musicians, but we are trying to see our fruits from our work, what we have done and what have we passed on. This is something that we want as musicians. We want to make sure that we promote them [among the youth]," Tudela added. That way, the youth can start taking over for the elders.

At around 3pm, the community can also get their stomachs full with traditional food such as root crops, roast pig, beef, cooked fish, among others that will be served during a traditional fiesta.

"We have gone big last year. We want to make sure that what we had last year, we have this year [too] and expand it. We really want to make sure that we progress," Tudela added.

The Indigenous Cultural Expo was originally set for Oct. 14, 2019, but was postponed due to the onset of Super Typhoon Hagibis.

For more information about the expo, contact the IAO at 664-2664 and the Department of Community and Cultural Affairs at (670) 322-9982.



Participants of the CNMI's Emergency Medical Team pose with CNMI legislators, Gov. Ralph DLG Torres, Lt. Gov. Arnold Palacios, World Health Organization officials, and Team Rubicon officials during the EMT's formation last Friday at the Pacific Islands Club.

MARC A. VENUS

By MARC A. VENUS

marc_venus@saipantribune.com
REPORTER

The Commonwealth Healthcare Corp., with the help of the World Health Organization, has created the CNMI's first-ever Emergency Medical Team, which will be composed of individuals from the different departments of the CHCC and Department of Fire and Emergency Medical Services.

The EMT will be undergoing training sessions this entire week with WHO and Team Rubicon, a disaster response non-government organization from off-island that is composed of military veterans.

This comes as the CNMI welcomed to the CNMI last

Friday at the Pacific Islands Club Saipan WHO Western Pacific Office regional director Dr. Takeshi Kasai and his team consisting of Sean Casey and Emma Kettle, and Team Rubicon's Dennis Clancy.

"The launch of the CNMI's EMT is a crucial step in the preparedness efforts," said CHCC CEO Esther Muña, "and allows us to move forward into the potential to expand and use the EMT to help other jurisdictions as we were helped after Typhoon Yutu."

She said the group's creation also recognizes that the CNMI needs to improve and expand its response capabilities so that the Commonwealth has the

capacity to respond to a full range of emergencies that may have an impact on the health of the community.

Gov. Ralph DLG Torres thanked Muña and her team for collaborating with WHO, saying an EMT for the CNMI will play a crucial role when disasters hit the CNMI and nearby areas. "This is crucial for our safety," Torres said.

Kasai said the CNMI EMT is the first EMT created in a U.S.-affiliated territory within the Pacific jurisdiction. "The establishment of the EMT is a testament of the leadership of the governor and the CEO," Kasai said.

Not only will this EMT be an asset for the CNMI, but

it will serve as an additional asset for the Pacific. This initial step will help the CNMI respond to disasters quicker and more efficiently, Kasai also commended the CNMI's response after Super Typhoon Yutu, saying it was delivered in an excellent manner.

According to WHO's website, EMTs are groups of health professionals that treat patients affected by an emergency or disaster. These teams are formed from governments, charities, militaries, and international organizations such as the International Red Cross/Red Crescent movements.

EMTs work to comply with the classification and minimum standards set by WHO

and its partners, and come trained and self-sufficient to not burden the national system.

In his presentation on Friday, Casey stated that the CNMI's EMT is slated to become a Type 1 team, which deals with outpatient cases. This team only operates in daylight hours and is completely self-sufficient, can be fixed on a certain location or target numerous locations every day.

Type 2 EMTs are district hospitals that deal with inpatient services and surgical services, while Type 3 EMTs are high level hospitals capable of performing surgical services, orthopedic specialties, intensive care, and any other services needed.

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NORTHERN MARIANA ISLANDS

IN RE THE
GUARDIANSHIP
OF

FAUSTINO
METTAO OLOPAI
An Incompetent

by
JEAN BOLGER
OLOPAI
Petitioner

FCD GU CIVIL
ACTION NO. 19-0416

NOTICE OF
HEARING

PLEASE TAKE NOTICE that a Petition for Appointment of Guardianship for the above-named by Jean Bolger Olopai, Petitioner, was filed with the above-entitled Honorable Court and is open for review at the office of the Clerk of the said Court in Saipan, Commonwealth of the Northern Mariana Islands.

A HEARING of said petition for Guardianship will be held at the above-entitled Honorable Court at the NCMI Judiciary, before Teresa Kim Tenorio on the 18th day of November, 2019 at 9:00am in Courtroom MBP or as soon as thereafter.

Patrick V. Diaz
Clerk of Court
/s/ Deputy Clerk of Court

IN THE SUPERIOR COURT
OF THE
COMMONWEALTH OF THE NORTHERN
MARIANA ISLANDS

INVICTUS T. FELICIANO) FCD-DI CIVIL ACTION
Petitioner,) NO. 19-0219
vs.)
GERALDINE C. FELICIANO) SUMMONS FOR
Respondent,) PUBLICATION

TO THE ABOVE NAME RESPONDENT:

YOU ARE HEREBY SUMMONED and notified to file any answer you wish to make to the Complaint, a copy of which is on file with the court, within thirty (30) days after service of the Summons upon you, and to deliver or mail a copy of your answer to the Petitioner whose address is P.O. Box 504279 Saipan, MP 96950 as soon as practical after filing your answer or sending it to the Clerk of Courts for filing.

Your answer should be in writing and filed with the Clerk of this Court at P.O. Box 500307 Susupe, Saipan, MP 96950. It may be prepared for you by your counsel and sent to the Clerk of this Court by messenger or Mail. It is not necessary for you to appear personally until further notice. If you fail to file and answer in accordance with this summons, judgment by default may be taken against you for relief in the complaint.

Dated this 27th day of September, 2019

/s/ Clerk of Court

SM ENTERPRISES, LLC

HEAVY EQUIPMENT RENTAL

OFFERS THE
FOLLOWING SERVICES:

- Moving Services
- Land Clearing
- Tree Removal/Clearing

LIST OF HEAVY
EQUIPMENT

- 50T Crane
- 25T Boom Truck
- 7T Boom Trucks
- Dump Truck
- Sky Truck / Bucket Truck
- Backhoe
- Tractor & lowboy
- Track Mini Excavator
- Wheeled Excavator
- Track Excavator
- Forklift
- Telescopic Handler
- Skid Steer Loader

Across Saipan Vegas,
Chalan Pale Arnold Road
Office No: 235-7635
Email: smellcsaipan@gmail.com

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NWS: Tropical storm is no threat to Marianas

By **MARC A. VENUS**
marc_venus@saipantribune.com
REPORTER

Tropical Storm Halong is strengthening east of the Marianas, but poses no threat to the CNMI. Tropical Depression 24W was upgraded to Tropical Storm Halong Sunday morning, and the National Weather Service in Guam expects Halong to keep moving east.

As of 7am yesterday, NWS located Halong 510 miles north-northwest of Pohnpei, 695 miles east of Saipan, and 760 miles east of Guam. Halong is moving northwest at 10 miles per hour with maximum sustained winds of 40 mph.

Halong will continue to strengthen and will likely become a typhoon in the next day or two. Halong will keep moving east of the Marianas, soon turning toward the north and then northeast, keeping away from the

CNMI and Guam.

NWS expects the storm will likely generate a monsoon surge across the region this week, bringing rain and winds to western Micronesia and the Marianas. Furthermore, NWS weather models are still depicting a second disturbance within the monsoon pattern southeast of Guam by the middle of this week.

Based on information received from the NWS in Tiyan, Guam, and compiled at the CNMI Emergency Operations Center-State Warning Point early Sunday, the tropical disturbance developed north of Pohnpei over the last couple of days, and was the subject of a Tropical Cyclone Formation Alert by the Joint Typhoon Warning Center. That tropical disturbance was upgraded to a Tropical Depression early Sunday.

In other news, CNMI EOC

reported at 9am yesterday of a 4.9-magnitude earthquake centered at 240 kilometers east-southeast of Pagan.

EOC has not received any tsunami warnings or adviso-

ries from the Pacific Tsunami Warning Center.

DPL remits over \$6M to MPLT in FY 2019

By **ERWIN ENCINARES**
erwin_encinares@saipantribune.com
REPORTER

The Department of Public Lands announced over the weekend that it turned over \$6 million to the Marianas Public Lands Trust in fiscal year 2019.

The remitted amount totaled \$6,327,685.23, which is a 167.271% increase over the \$2,367,513 that DPL remitted to MPLT in fiscal year 2018.

The department is constitutionally mandated to remit the funds it raises from public land leases to MPLT every year, minus administrative expenses. That means DPL does not rely on the central government to provide it with an

annual budget in order to operate. DPL's finances rely on collection projections for the fiscal year rather than central government appropriations.

"DPL continues to satisfy its constitutional obligation by remitting money to the Marianas Public Land Trust. DPL remitted \$5 million in 2014 as an advance payment to future net of operations covering 2015's remittance and requiring a reduced payment of \$800,334.16 in 2016. In 2018 \$2,367,513.00 was remitted and in 2019, DPL remitted \$6,327,685.23," it said in its 2019 citizen-centric report to the Office of the Public Auditor.

DPL revenue in fiscal

year 2019 was projected to reach \$4,550,453. However, DPL was able to collect \$6,702,776.96 for the fiscal year—a 47.3% difference in projections.

Since fiscal year 2016, DPL has been able to maintain its revenue collections beyond budget projections for the fiscal year, the report further noted.

"DPL's actual revenue continues to surpass its forecasted revenue predicted in the annual budget. Since 2016, revenue has increased and, in 2019, factors such as the expenses of creating the Land Use Plan, the large remittance to MPLT and other general operating expenses contributed to the

revenue increase, which are particular to this year," the report noted.

For DPL's sources of revenue, almost half came from long-term lease collections at \$2,384,023.97. Estimated revenue from the Business Gross Revenue Tax accounted for over \$1.77 million of the department's revenue as the department's second largest contributor to its fiscal year 2019 collections. Other sources, including royalties, temporary permits, commercial permits, agriculture and grazing permits, submerged lands payments, and more contributed to the total revenue collection for the fiscal year.

'If you have a dream, don't let anybody tell you that you can't do it'

SPOTLIGHT

Editor's Note: This article is part of "Spotlight," a recurring series featuring CNMI personalities. To suggest a person to feature in this section, email us at editor@saipantribune.com.

By **IVA MAURIN**
iva_maurin@saipantribune.com
REPORTER

Denton Pangelinan, a military veteran, is making waves with his debut film, *Remember Me*, which shines a spotlight on post-traumatic stress disorder that many veterans suffer. Last October, *Remember Me* won the Best of Festival award at the 2019 Guam International Film Festival.

The film is a tale of two friends who return home after being deployed by the U.S. military for many years. The film, borne out of the creative imaginations of Pangelinan and his partner, Rita Indalecio, raises awareness of PTSD, which affects many veterans.

"I wanted to portray being in the mind of a veteran that's actually suffering from PTSD. Through the whole movie, it takes you into this dark place, it takes you into their minds," Pangelinan said.

Pangelinan, a veteran himself after serving in the U.S. military for eight years, co-produced the film with Indalecio, through their D&R Visuals. Indalecio directed the film with Carlo Domingo.

"As a person who experienced it, I also have seen friends that are, firsthand, going through it. And it just really hurts my heart that there are



CONTRIBUTED PHOTO
Denton Pangelinan, second from left, during a filmmaker panel discussion on the impact of culture and film at the 2019 Guam International Film Festival last October.

people out there who will keep it on the down low, and don't want to talk about it, when we all need to help," Pangelinan said.

The young veteran hopes that the film raises awareness within the Veterans Affairs itself, for them to bring more help to the CNMI.

"We need more help," Pangelinan said.

"Coming from here, what I realized about the Northern Marianas, in general, is that there's really not a lot of help from the VA that we get. Yes, we have an outsource here but all we do, for example, if we needed surgery, is to be referred to Guam, and then if Guam cannot do it, then we have to be referred to Hawaii or California."

According to the U.S. Department of Veteran Affairs, there are currently about 8 million people in the United



CONTRIBUTED PHOTO
Denton Pangelinan, left, poses with his film co-creators Rita Indalecio and Carlo Domingo.

States with PTSD.

Knowing this, and to help even more, the money raised from the screening of the film was all donated to Mission 22, a non-profit that assists veterans in getting the help that they need.

"Post-traumatic stress dis-

order is a real issue. We want people to understand that if they are going through it, or, if they are going through any type of depression, speak up to somebody, talk to somebody, because there are people out there who are willing to sit down and listen," he said.

Pangelinan knows the subject too well, having gone through and survived it himself.

"As someone who actually has been through it, I know the feeling of keeping it inside," Pangelinan said. "But I also know the feeling of actually talking about it. I talked about it and understood that there are people out there that are going through it too."

With help from others, and with self-determination, he was able to turn his life around and is now using the wisdom gained through his experiences to be of help to others. They will also soon be busy on Part 2 of *Remember Me*.

Realizing the power of films, he and his team are also working on a film that highlights the CNMI culture, with a hope that, through it, more people would be interested to visit the islands. Pangelinan

believes that local culture can be visualized through films.

"For us who come from a little island, the best way to explain our story, our beliefs, is through film," Pangelinan said. "People who are not really into our culture can see it, and be like 'Wow, I have never heard of this space but their culture seems awesome.' Hopefully that brings in more tourists."

Pangelinan's new project, tentatively titled, *Two Sides to a Story, Home*, would showcase the island culture. It talks about perspectives from a local high school student, and then of an adult who has moved back to Saipan after being away for 15 years.

Aside from working on films, Pangelinan, along with the other filmmakers on the island, are bent on fortifying the budding film industry in the CNMI.

"We want to showcase that the Marianas has talent. There are people out here who can write, who can tell a story," Pangelinan said, adding that they hope to get programs out that could help the younger generation to experience what it is to be a filmmaker, to write, record, and edit.

There is no stopping Pangelinan from becoming an inspiration to others, especially the youth. "I feel amazing right now. I want to tell the younger generations that if they have a dream, don't ever let anything stop them. Don't let anybody tell you that you can't do it. Especially in this industry. Everybody has art in them; it is just a matter of finding it yourself. Pursue it if you really want to do it."

VOX Knights shine in NSDA, NJSDA competitions

Mount Carmel School congratulates her VOX Knights for their outstanding performance in the recent National Speech and Debate Association and National Junior Speech Debate Association competition.

The competition was held on Saturday, Oct. 26, 2019, at Dandan Middle School. Mount Carmel School's Knights competed against a number of students from various high schools on island.

Mount Carmel School's National Speech and Debate Association winners were: Kina Dela Cruz (1st place Chamorro Prose, 2nd place Dramatic Interpretation, 3rd place Poetry Masters), Jill Anne Mallari (1st place Original Oratory, 2nd place Poetry Masters, 3rd place Prose Masters), John San Nicolas (1st place Prose, 3rd place Humorous Interpretation, 5th place Poetry), Lyndon Digno (2nd place Humorous Interpretation), Kyla Cabrera (2nd place Poetry, 3rd place Duo Interpretation, 5th place Prose), Keehara Baldazo (2nd place Prose, 2nd place Duo Interpretation), Brissa Hunter (2nd place Duo Interpretation, 3rd place Chamorro Prose), Victoria Nicole Santos (3rd place Story Telling, 3rd place Prose), Moeisha Cruz



Mount Carmel School congratulates her VOX Knights for their outstanding performance in the recent National Speech and Debate Association and National Junior Speech Debate Association competition. For more information about student life at Mount Carmel School, visit www.mountcarmelsaipan.com. MCS

(4th place Chamorro Prose), and Larry Cruz (3rd place Duo Interpretation, 5th place Poetry Masters).

Mount Carmel School's National Junior Speech and Debate Association winners were: Camille Sablan (1st place Prose A, 1st place Poetry C), Julianna Vergara (1st place Poetry B, 2nd place Prose A),

Ainsley Ancheta (2nd place Impromptu B, 3rd Place Poetry A), Nicole Obnimaga (3rd place Poetry C, 3rd place Prose A, 5th place Impromptu A), Ange Lou Buensalido (5th place Prose A), Kaitlyn Punzalan (5th place Prose Masters B), Irene Kim (5th place Poetry B), and Jamie Lee (5th place Poetry C).

Over the years, hundreds of Mount Carmel School Knights of all ages have distinguished themselves as accomplished orators who have won countless PGFC, NJS-DA, and NSDA first place ribbons, eight CNMI Mock Trial Championships, and 18 wins in the annual Attorney General's Cup Speech Competi-

tion. Capitalizing on this track record, last year, speakers and debaters at the school came together to form a new club, VOX Knights.

Taking its name from the Latin word for voice, VOX Knights brings together students of all grade levels who use their voice in various inter-scholastic competitions, includ-

ing NSDA, NJSDA, PGFC, Mock Trial, and ITS. Together, these students have committed themselves to the club's mission to "dicere veritas et iustitia," which in Latin means, "speak truth and justice."

For more information about Mount Carmel School, visit www.mountcarmelsaipan.com. (PR)



Legislative Bureau

NORTHERN MARIANAS COMMONWEALTH LEGISLATURE
P.O. BOX 500586, SAIPAN, MP 96950

JOB VACANCY ANNOUNCEMENT

Examination Announcement Number: LB-JVA-20-001
PL-UNGRADED: \$17,456.99 Annual

Position: Journal Clerk
Opening Date: October 21, 2019
Closing Date: November 08, 2019

The salary will be determined by the qualification of the appointee

Location: Honorable Jesus P. Mafnas Memorial Building (CNMI Legislature), Capitol Hill, Saipan

General Duties:

- Records and transcribes all sessions. Transcriptions must be completed expeditiously and prior to the following session;
- Assists the Clerk in maintaining an up to date status table of legislative documents;
- Assists the Clerk in preparation of materials for sessions and other legislative meetings;
- Assists the Clerk in the duplication and dissemination of documents during sessions;
- Prepares the compilation of legislative journals for publication by the Legislative Clerk;
- Acts in the capacity of the Legislative Clerk in the absence of the Legislative Clerk;
- Performs other duties as assigned.
- Undergo a pre-employment drug test.

Qualifications and Requirements:

- Possess two years relevant work experience or a minimum of an A.A. or A.S. degree or higher from a United States accredited institution of higher education ;
- Knowledgeable with word processing with word processing, and interpretive understanding of at least two of the official languages of the CNMI preferred.

Education requirements may be substituted with related experience

Education and training claimed under item 19(A) through 19(F) of the Application for Employment must be substantiated by a copy of an official diploma and/or certificate. **Failure to provide the required documents will result in automatic disqualification.**

Employment application may be accessed at www.cnmileg.gov.mp or may be picked up at the Office of the Director of the Legislative Bureau located at the Honorable Jesus P. Mafnas Memorial Building (CNMI Legislature), Capitol Hill, Saipan. **Completed application and police clearance** may be submitted to the Office of the Director or may be mailed to the Office of the Director; Legislative Bureau; P.O. Box 500586; Saipan, MP 96950. No telephone inquiries.



Commonwealth Utilities Corporation

Office of the Executive Director

INVITATION FOR BIDS CUC-IFB-19-038

REPAIR OF OIL STORAGE TANKS – CUC SAIPAN AND ROTA POWER PLANTS

The Office of the Executive Director, Commonwealth Utilities Corporation (CUC), is soliciting competitive sealed bids from qualified and experienced firms for the Repair of Oil Storage Tanks – CUC Saipan and Rota power plants, the Commonwealth of the Northern Mariana Islands. Most of the tanks are still in "active" use.

Prospective Bidders for this IFB must pre-register with the CUC Procurement & Supply Division. The IFB package may be obtained from the CUC Procurement and Supply Office, 3rd Floor, Room No. 3, Joeten Dandan Commercial Building, Saipan, between 7:30 a.m. to 11:30 a.m. and 12:30 p.m. to 4:00 p.m., Monday through Friday, except on government observed holidays upon completion of registration and presentation of a receipt evidencing a non-refundable payment to the CUC Treasury Section, by cash, check or credit card in the amount of \$100.00 for one IFB package set.

A Pre-bid Conference and a Site Visit is scheduled on **October 23 at 10:00 AM (ChST)** at CUC Saipan Power Plant No. 1, Administration Building, Lower Base, Saipan and **October 24 at 10:00 AM (ChST)** at CUC Rota Power Plant, Songsong Village, Rota, to ensure that the contractors are fully aware of the work involved and familiarize with the site conditions. All proposers are advised that CUC assumes no responsibility in any act of omission on the part of the proposers due to lack of information or understanding of the plant site conditions in the course of Contractor's preparation of a bid or performance of work under the contract.

One (1) Original and Five (5) Hard Copies of the bid must be submitted in a sealed envelope marked "IFB CUC-19-038: Repair of Oil Storage Tanks, CUC Saipan and Rota power plants" to the CUC Procurement & Supply Office, 3rd Floor, Room No. 3, Joeten Dandan Commercial Building, P.O. Box 501220, Saipan, MP 96950, no later than **10:00 AM (ChST) on November 18, 2019**, at which time they will be publicly opened and read aloud. Bids mailed via postal or courier service must be received on or before due date and time or post-marked before due date and time. Bid shall be submitted on the provided Bid Forms. Bidders are required to complete all Bid Forms. Bidders may supplement this form as appropriate. Bids will be required to be submitted under a condition of irrevocability for a period of 60 days after submission. Late submissions and conditional bids will not be considered.

A Bid Guarantee of **fifteen percent (15%)** of the total bid price must accompany the bids. The bid guarantee may be in cash, certified check, cashier's check, or bid bond executed by a surety company holding a certificate of authority from the United States Secretary of Treasury as an acceptable surety or other surety acceptable to the Attorney General. A Performance Bond of **one hundred percent (100%)** of the total proposal price will be required upon the execution of the contract by the successful bidders. Surety Company must be authorized to do business in the Commonwealth of the Northern Mariana Islands or otherwise secured in a manner satisfactory to CUC. A Payment Bond of **one hundred percent (100%)** of the total proposal price will be required upon the execution of the contract by the successful bidders. Surety Company must be authorized to do business in the Commonwealth of the Northern Mariana Islands or otherwise secured in a manner satisfactory to CUC, for the protection of all persons supplying labor and material to the contractor or its subcontractors for the performance of the work provided for in the contract.

All insurers questions, concerns and qualification should be handled by the Department of Commerce Office of the Insurance Commissioner (OIC). The OIC is tasked with regulating and monitoring compliance to the CNMI's Insurance Code (Title 4, Division 7). **Bidders are required to submit a clearance from the OIC certifying their insurer of choice is in compliance with the CNMI's Insurance Code.**

All bidders are advised that CUC assumes no responsibility in any act of omission on the part of the bidders due to lack of information or understanding of the bid requirements in the course of Contractor's preparation of a bid under the contract. Bidders are required to comply with all CNMI and applicable Federal Laws. This bid and the ensuing contract shall be executed pursuant to the CUC Procurement Regulations.

The bidder is required to submit a copy of his CNMI Business license in compliance with the Contractor's Registration and Licensing Laws of the Commonwealth of the Northern Mariana Islands, upon award of the contract. The Contractor and all subcontractors will be obligated to pay wage rates not less than the current CNMI minimum wage, prevailing through the period of contract, as indicated in the web page – <http://www.dol.gov/esa/minwage/cnmi/cnmi.htm>. The contractor shall be required to comply with all CNMI and applicable Federal Laws.

Contractors are advised that the work will be carried out as a part of CUC response actions under the terms of Stipulated Order No. 2 (SO 2). CUC may split the contract work based on island location, i.e. separate contracts for the island of Saipan and Rota in the best interest of expediency and competitive rates. Project performance quality would be verified by third party quality assurance specialists with certified and approved credentials.

Questions or requests for clarification will be entertained only from pre-registered bidders and must be submitted in writing no later than **10:00 AM (ChST) on October 28, 2019** to Manny B. Sablan, CUC Purchasing Administrator, at email address manny.sablan@cucgov.org, with a copy to CUC's Utility Coordinator/ ATMO at email address venugopal.prabhakara@cucgov.org and to Christie Sablan, Purchasing Technician, Senior, at email address christie.sablan@cucgov.org.

CUC reserves the right to reject any or all bids for any reason and waive any defects in said bid proposal, if in its sole opinion, to do so would be in the best interest of CUC. All bids shall become the property of CUC.

GARY P. CAMACHO
Executive Director

MANNY BOYER SABLAN
Purchasing Administrator

DOI releases \$5M for energy projects in US territories

WASHINGTON, D.C.—The U.S. Department of the Interior has released more than \$5 million in fiscal year 2019 funding under the Energizing Insular Communities program to support a variety of energy retrofitting and efficiency projects in the U.S. territories.

The funding is estimated to provide thousands in savings for the residents of American Samoa, Guam, the CNMI, and the U.S. Virgin Islands.

“We appreciate that Congress has provided these funds

to support energy projects in the U.S. insular areas,” said Doug Domenech, assistant secretary for Insular and International Affairs. The cost of fuel in the islands is extremely high and so opportunities to provide efficiencies and diversify sources of energy is important.”

The Energizing Insular Communities grants, totaling \$5,017,021 for fiscal year 2019, is broken down by area are as follow:

■ **American Samoa Power Authority (\$1,876,325)**

□ The American Samoa Power Authority will use the \$1,876,325 EIC grant to conduct a retrofit and replacement of all 5,792 high pressure sodium street lights in the territory with light-emitting diode (LED) fixtures over the next two years. This effort is expected to result in an estimated 50 percent savings of \$347,233.26 in electricity costs per year.

■ **Commonwealth of the Northern Mariana Islands (\$785,381)**

□ \$250,000 was made available to provide solar-powered LED light systems on public buildings and pathways on the island of Tinian. The government of Tinian currently spends between \$4,800 and \$6,000 annually in utility costs for public lighting fixtures, and walkways.

□ \$222,988 to conduct a feasibility study for the Rota-Commonwealth Utilities Corp. power plant on the potential usage of a 2-megawatt battery energy storage system for the island of Rota. The plan is to capture excess energy, an estimated 0.6MW to 0.8MW of power, from the diesel-powered generators currently operated around the clock to be stored and redistributed as needed. For example, rather than using full diesel-powered generators on a full-time basis, using a battery storage system at night when the demand is lower could result in an estimated savings of over \$900,000 per year.

□ \$160,000 to provide a photovoltaic system that can fully power the Rota aquaponics program site and provide solar-powered lighting. Previously developed using OIA technical assistance funding, the site was established to raise Tilapia, shrimp, plants, and vegetables for local sale and consumption.

□ \$152,393 will be used to contract professional services to provide an update to the CNMI's Strategic Energy Plan, last published in 2013. The Strategic Energy Plan, once updated, will continue to guide CNMI's overall efforts

to reduce costs of energy in the territory and explore the best options for energy production in the territory.

■ **Guam Power Authority (\$1,729,815)**

□ \$620,428 to install solar panels on three parking lot canopies at the Guam Power Authority. The solar arrays will be tied to the grid and help off-set the cost of day-to-day operations. The panels are estimated to produce 93,072 kilowatt hours per year, which represents four percent of GPA's annual energy consumption, and roughly \$36,000 in annual savings.

□ \$586,771 to fund the Bringing Energy Savings To schools program for an LED lighting retrofit at the Agueda I. Johnston Middle School. The BEST program is a collaborative effort between the Guam Power Authority and the Guam Department of Education to find ways to reduce costs of energy consumption at Guam's public schools. Once the retrofit is completed, Johnston Middle School is expected to realize an annual savings of \$49,763 in utility costs.

ity costs.

□ \$522,616 to fund a BEST schools program LED lighting retrofit at the Maria A. Ulloa Elementary School which is expected to contribute to \$38,946 in annual savings for the school.

■ **U.S. Virgin Islands Energy Office (\$625,500)**

□ \$625,500 to the Virgin Islands Energy Office for the design, material procurement, and installation of a solar plus storage micro-grid pilot project to be integrated into the St. Croix Educational Complex's emergency hurricane shelter, so that the shelter may operate independently of the utility during emergencies. The proposed grid is expected to provide 12,500 kWh of energy, translating to an average of \$5,875 in savings per month based on normal usage.

The Energizing Insular Communities grant program provides funding for energy strategies that reduce the cost of electricity and reduce the cost of energy to consumers. Funds under this program are appropriated annually by the U.S. Congress. (PR)



MEDICAL MISSION

The Pentecostal Missionary Church of Christ (4th Watch) treated Koblerville residents to free massages and free reading glasses at the medical mission held last Oct. 26, 2019, at the Hannam Supermarket parking lot.

CONTRIBUTED PHOTO



Water outage in San Roque, Achugao, Tanapag

There will be a scheduled water service interruption in San Roque, Achugao, and Tanapag today, Nov. 4, 2019, from 8am to 5:30pm, as water personnel of the Commonwealth Utilities Corp. will be fixing a damaged main service lateral on the outer southbound lane near Welcome Market in San Roque.

Customers in the affected areas should expect restoration of water services soon after.

For the safety of the CUC men and women working at the site, motorists are advised to proceed with caution and take alternative routes with traveling by the area.

For more information, contact the CUC Customer Call Center (664-4282) or monitor its Facebook page for the latest updates (<https://www.facebook.com/CommonwealthUtilitiesCorporation>). (PR)

Flashback

A LOOK BACK AT PAST YEARS' HEADLINES

November 4, 2004

'Competitiveness is key to survival of NMI garment industry'

Washington Rep. Pete A. Tenorio called on the Babauta administration and the CNMI Legislature to support him in lobbying for a congressional amendment on the U.S. Tariff Code to reduce the value-added requirement on garment imports for local manufacturers to avail of duty-free treatment. Tenorio aired the concern after attending the Saipan Chamber of Commerce meeting at the Hyatt Regency Saipan Wednesday, where garment industry players made elaborate presentations on the bleak future of the CNMI's premier industry once quota restrictions are lifted beginning Jan. 1, 2004.

Suspect wanted for theft of over \$1K

Police are currently investigating a burglary and theft case that resulted in the victim losing about \$1,580 in several items, according to the NMI Crime Stoppers, which considers the case as its Crime of the Week. NMI Crime Stoppers coordinator PO2 Eric F. David said yesterday that preliminary investigation by the responding officer indicated that the incident occurred between 11:30pm Oct. 29 and 9:30am Oct. 30. David said the suspect(s) had broken the rear window of the victim's vehicle parked at the XNE apartment unit just northwest of Saint Jude Church in Koblerville. Reported stolen were a Toshiba laptop computer worth \$1,200, a calculator valued at \$250, an English book from

the Northern Marianas College worth \$50, and a DFS handbag worth \$80.

November 4, 2005

Van stolen at lunchtime recovered hours later

Broad daylight didn't stop a person from taking off with a Toyota Previa van that he stole from a car shop compound during lunch hour last Thursday. Department of Public Safety spokesperson Catherine Sheu reported that police received a call from Auto Marine Inc. that one of its vans was missing from its compound on Navy Hill. Sheu said based on preliminary reports, the stolen vehicle was a white, 1996 Toyota Previa van. She said when DPS received the report, they immediately sent out staff to patrol the island to try and locate the missing vehicle. DPS quickly relayed an all-point bulletin to police personnel on duty. The police officers assigned to the Patrol Section spotted the vehicle with the reported plate number that same day and recovered the missing van.

Worker given 21 days to find new job

The Department of Labor has allowed a nonresident worker to seek a new employer, but gave her only 21 days instead of 45 within which to have her new work permit application filed with the Labor Division. Labor hearing officer granted Agnes V. Andal until Nov. 21, 2005 to have a new transfer employment application filed on her behalf before the Labor Division. In an Oct. 31, 2005 order, Cody noted that the denial of Andal's work permit was not due to her fault. But citing dilatory tactics on the part of Andal to inquire about the status of the application, Cody said giving the worker only 21 days to transfer serves as penalty. Cody noted that the Labor Division had already verbally informed Andal's husband, Demetrio Monton, about the denial.

November 4, 2006

Three main islands to celebrate Education Day

All three islands of Saipan, Rota and Tinian are now prepared for this year's Education Day, which will be held on separate days. Public School System Commissioner of Education David M. Borja said Saipan and Tinian are slated to celebrate the event on Nov. 22 while Rota will hold it days earlier on Nov. 17. Borja said he would be gracing the separate celebrations on the three islands. This year's Education Day will only be half-day, in contrast to previous year's celebration, but a night of recognition will be held the day before to honor this year's teacher honorees. Borja clarified that, due to the limited resources, the presentation dinner is not a banquet. He said some teachers and PSS officials themselves would be shouldering their own dinner during the event. He said the presentation dinner would be "very simple."

November 4, 2006

Project Holiday Cheer 2006 kicks off

The annual Project Holiday Cheer kicked off on Friday at the Saipan Community School in Susupe, with 19 8th grade students drafting and writing letters for U.S. soldiers deployed in Iraq. Led by Pacific STAR Center for Young Writers Inc. director Kathryn Tuten-Pucket, the project is being done in cooperation with SCS acting principal Bobby Winkfield. Winkfield said the school is expecting at least 175 letters to be forwarded to the Project Holiday Cheer organizers. Winkfield said all junior and senior high school students at SCS would be participating to bring cheer and joy to U.S. soldiers. He said the school is once again participating because they want the children to understand why the soldiers are in Iraq and Afghanistan.

Remembrance of departed ones draws hundreds to cemeteries

By IVA MAURIN
iva_maurin@saipantribune.com
REPORTER

The morning of All Saints' Day last Nov. 1, 2019, started early for family members who woke up early to clean their departed loved ones' grave sites, to prepare for the rest of their family and friends who

also came later in the day, to honor and pay respect to departed loved ones.

It was peaceful and quiet at the Veterans Cemetery in San Roque, as well as at the Cemitério in Tanapag, with grave sites decorated with flower and candle offerings, as part of the Roman Catholic tradi-

tion of honoring the dead.

A man, who asked for anonymity, and who was up early to paint his loved one's grave, said that mostly everyone on the island traditionally celebrates All Saints' Day and All Souls Day to remember their loved ones who have already passed away.

Ramon Dela Cruz was also early at the cemetery in Tanapag, putting flowers on his late granddaughter's grave.

"We are here for our lost loved ones, once a year, every All Souls Day," Dela Cruz said. "I came here for my granddaughter. She died

two and a half years after she was born. We always do this every year to come and ask our loved ones to guide us and watch us always."

Priests from the Diocese of Chalan Kanoa also go to the cemeteries on the island to pray for the souls of the departed as well.

All Souls Day, which is celebrated on Nov. 2, as well as All Saints' Day, are observed in the predominantly Catholic CNMI as a day of remembrance and commemoration. All Souls Day traditionally end with a Roman Catholic Mass at the Chalan Kanoa Cemetery.



The Tanapag cemetery in the afternoon.

IVA MAURIN



The many gravesites at the Tanapag cemetery are decorated with flowers.

IVA MAURIN



The Tanapag cemetery in the morning.

IVA MAURIN



The Veterans Cemetery in Marpi.

IVA MAURIN

GUAM—A senator of the 35th Guam Legislature has asked the U.S. Congress to block the construction of a firing range in Guam that would be located at what she describes as a "sacred site" adjacent to other sacred sites on the island.

In a letter addressed to Congress last week, Sen. Sabina Perez urged congressional leaders to hold the release of federal funds earmarked in the 2020 National Defense Authorization Act.

"The bulldozing of sacred sites has begun," said Perez, "and they ignore our governor and our Legislature when we demand they stop."

According to a statement from Perez's office, she said the Joint Region Marianas earlier denied the demand outlined in the Guam Legis-

Congress urged to halt construction of Guam firing range on ancestral land

lature's Resolution 164-35, which called for an immediate halt on the construction of the U.S. Navy's Live-Fire Training Range Complex at Northwest Field

The 2020 NDAA includes funding for continued construction of the firing range. "I now call upon our leaders in Congress to exercise their right to question and cut wasteful federal spending on a military firing range that threatens our natural and cultural resources," Perez said.

In her letter to Sen. Lisa Murkowski (R-AK) and Rep. Raul Grijalva (D-AZ), Perez notes that the site of the live-fire training ranges is on a sacred site known as *Tailá-lo*, which is adjacent to other sacred, ancestral sites of *Li-*

tekyan, Uruano, Inapsan, and Pahung. She said that more than 79 ancestral and historic sites will be adversely impacted, and 14 historic sites have already been destroyed.

"This Saturday [was] All Souls Day, a time to honor the memory and spirit of our ancestors. This is a solemn and sacred time, yet we find ourselves fighting a military project that ignores the voice of our people, disturbs the resting place of our ancestors, and destroys the sites of our ancient villages," said Perez.

Perez further pointed out that the firing range complex "Surface Danger Zone" will extend over 68% of the Guam National Wildlife Refuge, restricting access to the refuge for traditional healers and the

Guam community and to the adjacent fishing grounds for up to 39 weeks of the year and impacting the management of endangered and threatened species. The construction of a fifth firing range requires the clearing of primary limestone forest, which is habitat for at least 11 endangered or threatened species, some of which are found nowhere else in the world.

"The military's destruction of pristine forest and archaeological sites is shocking and unprecedented, and it must stop. It's critical that NDAA appropriations be put on hold to save our sacred sites and protect our natural and cultural resources," said Perez.

In her letter, Perez also highlights the wasteful use of government funds to build a

firing range that undermines federally funded environmental protection projects. "The NDAA proposes using federal funds to tear down a federally funded fence that currently protects a fragile wildlife refuge from feral ungulates. This is just one example of how the Department of Defense's piecemeal approach lacks transparency, respect for our people and Guam, and frankly, any coherent logic," said Perez. "I encourage congressional oversight on this haphazard, wasteful use of federal funds to build an unnecessary and environmentally destructive firing range against the wishes of our people."

Perez sent her letter to members of the Natural Resources Committee in the House of

Representatives, and to members of the Energy and Natural Resources Committee in the Senate. She asks that comprehensive oversight include four key areas: excessive federal spending, cumulative impacts to the environment, threats to endangered species, and insufficient historic preservation.

"The military leadership [in] Guam ignores local concerns, and they disrespect our ancestors. It's time to bypass their single-minded, harmful attitude, and address the congressional body who can provide much needed oversight on the mismanagement of our sacred sites and irreplaceable natural and cultural resources and who hold fiduciary responsibility of the destruction against our will and without our informed consent," said Perez. **(PR)**

Opinion

Hafa Adail Saipan Tribune

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EDITORIAL

Lessons from the raid that killed ISIS leader al-Baghdadi

There is much to say about the raid that killed Islamic State leader Abu Bakr al-Baghdadi, and even more to learn.

Begin with congratulations to the unknown military and intelligence personnel who pulled it off. The skill and bravery of the planners and the troops on the ground were essential to the success of the mission. It was extremely risky, like the surprise attack in 2011 that resulted in the death of Sept. 11 mastermind Osama bin Laden. The eight helicopters faced gunfire on their way to al-Baghdadi's compound in northern Syria. And President Donald Trump was right to prioritize the pursuit of the murderous al-Baghdadi. His extreme brutality in beheading captives and setting others on fire, all captured on video, was an effective recruiting tool for jihadists to join his caliphate and a stark warning to Western powers.

But while the world can find relief in his demise, we all must understand the many lessons that emerged from the raid.

Its success doesn't mean the fight against ISIS is over. Cells of fighters, large and small, lurk all over the world. Our nation must stay vigilant and continue to pursue any future leaders of ISIS. A positive sign: The day after the raid that killed al-Baghdadi, another American attack apparently killed his likely successor.

We need allies. Going it alone doesn't work. American intelligence officials worked closely with their Kurdish and Iraqi counterparts to pinpoint al-Baghdadi's location. The Kurds, in particular, provided essential information, despite Trump's decision earlier this month to pull U.S. troops out of Syria and abandon the Kurds.

We need strong, effective intelligence agencies. Trump has attacked them incessantly and tried to weaken them, but it was information gleaned by the CIA about al-Baghdadi's whereabouts that set in motion the planning for the raid.

Trump should not have kept House Speaker Nancy Pelosi in the dark about the raid. The idea that she would have leaked that information is absurd. She was on the House Intelligence Committee for years, has no record of divulging classified material and is second in the line of presidential succession. If Trump excluded her and other Democratic leaders because of the impeachment inquiry, it's another unfortunate example of politics infecting national security.

Our Middle East policy is still unclear. While the raid succeeded, pulling out from Syria earlier this month forced the Pentagon to speed up the attack before the military's ability to control spies on the ground and reconnaissance in the air was compromised. And Trump decided to leave some troops in Syria, after the blowback from his own party on the pull-out, to protect oil fields there. That's a good goal; ISIS funded itself with oil exports from wells it seized. But Trump also suggested that the United States would take some of the oil. That's illegal. Language is important; it feeds perceptions the world has of our nation. The president must be more careful.

(c)2019 Newsday



Giving 'woke' culture a rest

Formerly defined as simply the opposite of being asleep, "woke" in the era of Black Lives Matter and the #MeToo movement frequently describes an awareness of important facts and issues, particularly in areas of racial and social justice.

However, as the crowdsourced and up-to-the-minute Urban Dictionary more recently offers, "woke" also can mean "the act of being very pretentious about how much you care about a social issue."

That's the more current and plainly more sarcastic meaning of "woke" that Barack Obama was using in Chicago when he called on progressives to cancel the current "call out" or "cancel culture" when it drives them to go overboard in their pursuit of ideological purity.

"This idea of purity," he said, speaking at the annual Obama Foundation Summit, "and (that) you're never compromised and you're always politically woke and all that stuff—you should get over that quickly."

In Obama's sit-down with actress and activist Yara Shahidi and four of his Obama Foundation fellows, the former president's criticism of progressive "wokeness" offered a valuable message of tolerance for dissenting views, a message clearly aimed at his own party's famously rambunctious progressive wing.

"The world is messy," he said. "There are ambiguities. People who do really good stuff have flaws. People who you are fighting may love their kids and share certain things with you."

Obama brought a necessary message at a time when the party is deeply divided over their crowded field of contenders and how capable they may be to take on a vulnerable President Donald Trump. With a woefully divided front against Trump's united Republicans, they could snatch defeat out of the jaws of victory.

Obama didn't name names, but Hillary Clinton lost the Electoral College in 2016 partly because of her failure to unify the party's left wing and moderates after she defeated Vermont Sen. Bernie Sanders in the primaries. She won Illinois and most of the states on both coasts but fell narrowly behind Trump in the economically struggling industrial upper Midwest. People argue about how much low support from Sanders voters hurt her, but it clearly didn't help.

Now Obama's unity message aims to remind them of something he often told Democrats during his presidency: Don't let

By CLARENCE PAGE

Chicago Tribune

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the perfect be the enemy of the good.

As much as Obama offers a test of how well his party can hold itself together, it's also a test of whether anyone is listening to him anymore, particularly in his party's progressive wing.

You can't just be holier-than-thou about your politics, he preached: You have to get out and put in some work to persuade others to join your cause.

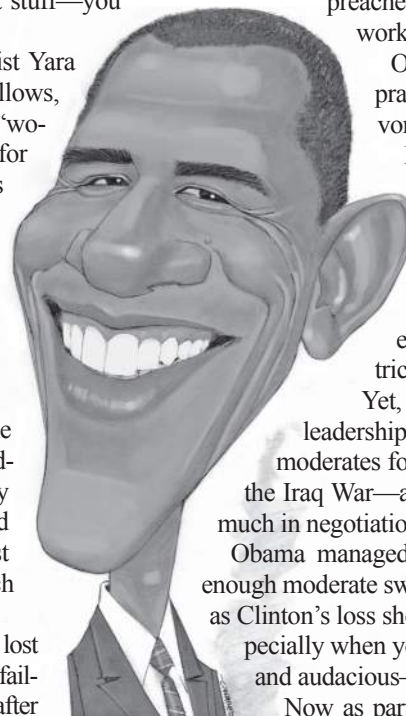
Obama's message offers sound advice for pragmatic souls who see politics as what Otto von Bismarck called "the art of the possible."

Progressive Democrats should pay attention, in my view, if they want to avoid the debacle of 1972, when the party's left, full of post-1960s exuberance, nominated Sen. George McGovern against President Richard Nixon and lost every state but Massachusetts and the District of Columbia.

Yet, navigating such turbulent waters is what leadership is all about. Obama, too, was criticized by moderates for being too far left as an early opponent of the Iraq War—and later by progressives for giving up too much in negotiations with a ferocious Republican opposition. Obama managed to hold on to his base while attracting enough moderate swing voters to be elected and reelected. But, as Clinton's loss showed, that doesn't work for everybody, especially when you run against a candidate as unpredictable and audacious—to be kind—as Trump.

Now as party activists have swung even more toward the further-left wing of Sens. Elizabeth Warren and Bernie Sanders, they can't afford to get too far ahead of regular rank-and-file voters who tend to prefer change to come in smaller increments, if at all.

As Obama suggests, they can win a lot more support by trying to persuade those of differing views in the party rather than trying to intimidate them for insufficient wokeness.



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Clemency for battered women in prison

Kill or be killed. “On the night he died, after a day of heavy drinking, Andrew Harris sexually and verbally assaulted Mia. When the abuse became physical, Mia told Andrew “No,” and told him to leave her home. Instead, he cut her. When she tried to escape, he strangled her until she passed out. Before she passed out, she was able to grab a knife and stabbed him with it. When she awoke, Andrew continued beating her, and poured hot sauce in her eyes. Mia swung the knife at Andrew to keep him away, causing 22 wounds over his body. One cut sliced Andrew’s femoral artery behind his knee causing him bleed to death.” (www.ohiojpc.org)

Thomia “Mia” Hunter was incarcerated in the Ohio Reformatory for Women for 15 years after she killed her abusive ex-boyfriend in self-defense. A 2019 article by WPCO in Cincinnati pointed out, “The Ohio Parole Board had recommended the Cleveland woman’s sentence be commuted after it found the issue of her abusive ex-boyfriend never came up at her trial.” In January of 2019, Gov. John Kasich granted the clemency request of one OJPC client. Hunter was freed.

Approximately 4,500 battered women in the U.S. are incarcer-

ated for defending their lives or the lives of their children against batterers. Ninety-three percent of women who kill their intimate partner do so as a result of domestic violence.

In 1990, Ohio Gov. Richard Celeste granted clemency to 25 women who had been convicted of killing or assaulting husbands or companions due to domestic violence and Battered Woman Syndrome. “The battered woman syndrome expands the concept of legal self-defense. This defense holds that a battered woman is virtually held hostage in a violent household by a man who isolates and terrorizes her, convincing her that if she leaves he will track her down and kill her,” according to a 1996 article on the National Criminal Justice Reference Service website. Lenore Walker is the psychologist who coined the term “Battered Woman Syndrome” in the 1970’s.

A 2017 report by the Centers for Disease Control and Prevention suggested that domestic violence is a major source of death for women.

Of the total domestic violence homicides, about 75 percent of the victims were killed as they attempted to leave the relationship or after the relationship had ended. (www.domesticabuse-shelter.org)

Resources

The National Clearinghouse for the Defense of Battered Women

America can’t afford to sit out the artificial intelligence race

By SAXBY CHAMBLISS, TONY SAMP, and STEVEN PHILLIPS
CQ-ROLL CALL

Artificial intelligence is everywhere. If you shop online or occasionally speak to a voice assistant in the morning, you are already embracing the changes this technology has created. Many people are familiar with the advances of autonomous vehicles or facial recognition technology, and some may be curious, or even anxious, about how they will affect safety or privacy.

Make no mistake, AI is a transformative technology that is influencing our daily lives and will touch every sector of the global economy. Whether society and government enable or inhibit the AI race, and the extent to which they do so, will be a critical question of the next decade. Regardless of the answer, the technology will forge ahead. To sit out this race, add hurdles or not take it seriously, would not be a wise decision.

Indeed, the only way to enable AI that benefits all of society in ways that are ethical, responsible and economically advantageous is for the federal government to lead with purpose, smart policy and appropriate levels of investment.

PricewaterhouseCoopers estimates that AI will contribute as much as \$15.7 trillion to the global economy by 2030. This is a gain of up to 26% in Gross Domestic Product for local economies. According to PWC, the greatest economic gains from AI will be in China (26% boost to GDP in 2030) and North America (14.5% boost), equivalent to a total of \$10.7 trillion and accounting for almost 70% of the global economic impact.

Countries around the world are unveiling bold national strategies on AI. The Chinese government plans to make China the world’s “premier AI innovation center” by 2030. Russian President Vladimir Putin ominously declared that “whoever becomes the leader in this sphere will become the ruler of the world.” Some countries have even established cabinet-level departments or ministries solely dedicated to AI. A “Secretary of Artificial Intelligence” in the United States may not be as far-fetched as it sounds.

The extent to which government regulates the creation of AI systems and their underlying algorithms will be critical, or potentially damaging, to those countries, companies and engineers racing toward the next AI application and economic breakthrough. It is easy to label this thinking as a “race to the bottom” or a “slippery slope,” but the real concern should be whether the actual development of AI occurs with or without the best and brightest individuals in the room. If the right leadership is lacking or a negative

By **MELISSA MARTIN, PH.D.**
Special to the Saipan Tribune



Melissa Martin, Ph.D., is an author, columnist, educator, and therapist. She lives in the U.S.

was founded in 1987 to work for justice for victims of battering charged with crimes where a history of abuse is relevant to their legal claim or defense.

October was recognized as National Domestic Violence Awareness Month. In October 1987, the first national Domestic Violence Awareness Month was held. In conjunction, the same year the first national toll-free hotline was begun. In 1989, Congress passed the first DVAM commemorative legislation and it has been passed every year since.

Thomia “Mia” Hunter. What if she were your mother, daughter, sister, aunt, cousin, friend, coworker, or a stranger? Would you give her clemency? I would.

Where does your country stand on clemency for women that choose to kill or be killed?

Trevor Noah asks Hillary Clinton: ‘How did you kill Jeffrey Epstein?’

By **NELSON OLIVEIRA**
NEW YORK DAILY NEWS

In a hysterical swipe at the decades-old conspiracy theories linking the Clinton family to suspicious deaths, TV host Trevor Noah jokingly asked Hillary Clinton how she managed to execute one of the country’s wealthiest and most infamous sex offenders.

“I have to ask you a question that has been plaguing me for a while. How did you kill Jeffrey Epstein?” he asked Clinton during her Thursday night appearance on his Comedy Central program, “The Daily Show.”

The question drew laughter from the former secretary of state and her daughter, Chelsea Clinton, who were in New York to promote their new book.

Noah went on to ask the former first lady how she continues to be “the boogeyman of the right,” facing baseless murder accusations by online trolls and conspiracy theorists years after she left public office and lost a presidential bid to Donald Trump.

“You’re not in power, but you have all the power,” Noah said. “I really need to understand how you do what you do because you seem to be behind everything nefarious and yet you do not use it to become president.”

The 72-year-old Democrat said it’s “a constant surprise” to learn people actually believe she’s behind high-profile deaths.

“The things they say—and now, of course, it’s on steroids with being online—are so ridiculous beyond any imagination that I could have and yet they are so persistent in putting forth these crazy ideas and theories,” she said. “Honestly, I don’t know what I ever did to get them so upset.”

The interview came one day after a forensic pathologist hired by the Epstein family suggested the financier’s Aug. 10 death inside a Manhattan jail may have been a homicide. A chief medical examiner immediately brushed off that suggestion, arguing that Epstein killed himself by hanging.

The 66-year-old billionaire faced sex trafficking charges when he was found dead with a bedsheet around his neck inside his cell at the Metropolitan Correctional Center. Epstein had been taken off suicide watch despite an attempt to kill himself just two weeks earlier, a controversial decision that prompted investigations by the FBI and other federal agencies after his death.

The case revived a popular and unfounded conspiracy theory that the Clintons have ordered dozens of people killed, with online trolls baselessly linking the former presidential candidate to Epstein’s death and starting the social media hashtag #Clinton-BodyCount.

narrative of AI prompts a regulatory minefield, it may push the best engineers away and sideline them when we need them most. Digital engineers in academia and industry are indeed capable of addressing the predominant challenges of AI in regards to bias, equality, privacy and explainability, but they can be more effective and work faster with focused resources and leadership.






Today, these issues are rightly being raised by society and in Congress. Lawmakers have convened hearings on narrow applications like facial recognition and introduced over 21 pieces of AI-related legislation so far this year. It will be important to ensure policy proposals enable the careful management of AI applications rather than short-circuit the technology. The AI caucuses in the Senate and House offer essential forums for these discussions. And the tech industry will have to forge positive working relationships with the federal government to develop AI ethically and responsibly.

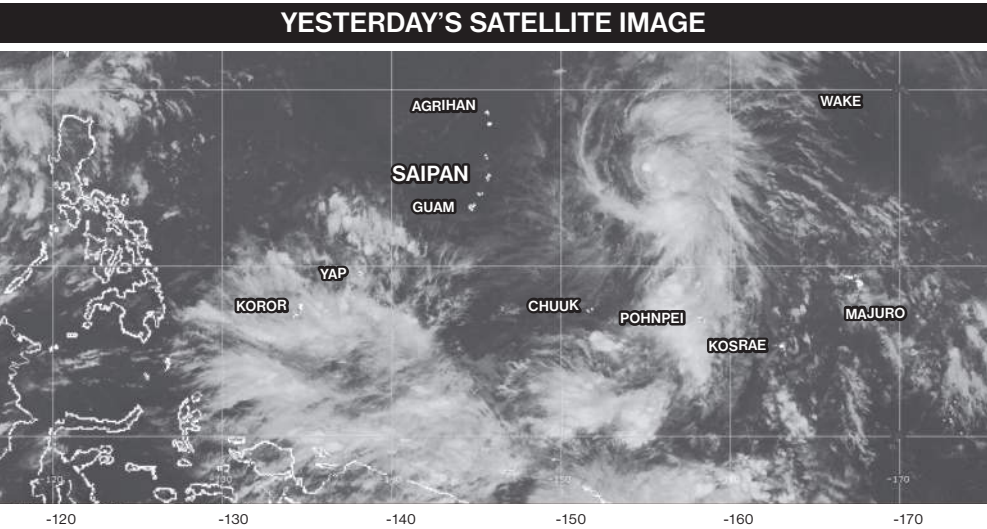
The Center for Data Innovation recently recommended passage of the Artificial Intelligence Initiative Act, which is essentially a national R&D strategy for the United States and strikes a balance between timely federal investment and responsible development of AI. The legislation, introduced in the Senate by New Mexico Democrat Martin Heinrich and Ohio Republican Rob Portman, would invest \$2.2 billion in research and bolster efforts to develop benchmarks to serve as the industry standards for worldwide adoption of agreeable and acceptable technologies. If passed, AI R&D legislation like this, and its companion measure in the House, will engage a diverse and wide cross-section of stakeholders while sending a signal to venture capitalists that AI is a national priority.

One thing is for certain. We can all expect to see, hear and encounter more of AI, not less, and it could be developed for nefarious purposes if leaders are not careful. For the sake of our society, the best, brightest and most well-intentioned tech engineers from academia and industry should be running this AI race with the full backing of a nonpartisan strategy, reasonable rules and substantial investment. In a world with artificial intelligence, that’s the “intelligent” thing to do.

Saxby Chambliss is a partner at DLA Piper. He previously represented Georgia as a Republican in the U.S. Senate and House. Tony Samp is a policy adviser at DLA Piper. He was the founding director of the Senate Artificial Intelligence Caucus and was a senior policy adviser to New Mexico Democratic Sen. Martin Heinrich. Steven Phillips is a partner and co-chair of federal law and policy at DLA Piper. Chambliss, Samp and Phillips are a part of DLA Piper’s artificial intelligence practice.

The Weather

5-DAY FORECAST FOR SAIPAN AND TINIAN									
TODAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
									
Partly cloudy with isolated showers. North winds 10 to 15 mph.		Partly cloudy with isolated showers. North to northeast winds around 10 mph.		Mostly cloudy with isolated showers and thunderstorms.		Mostly cloudy with isolated showers and thunderstorms.		Mostly cloudy with isolated showers and thunderstorms.	
89°	78°	89°	78°	87°	76°	87°	77°	87°	77°



PICTURE TIME: 8:05 AM, SUNDAY, NOVEMBER 3, 2019
Western North Pacific between equator and 25N from 130E to 180.

A dry weather pattern is expected the next few days. Models show 700 mb relative humidity at or below 50 percent through Tuesday night. With the humidity at that level, only isolated showers are expected. Tropical Storm Halong was located to the east of 150E this morning. Over the last few days models have been consistent, and remain so, in showing Halong remaining well east of the Marianas. It will even stay east of 150E as it moves north of 20N by Tuesday. Even though Halong will not have a direct effect on the local area, it may have an indirect one. Halong is associated with a monsoon trough which extends from it, passing to the south of the Marianas. As Halong moves north, it will help drag the monsoon trough slightly northward. Models also show a new circulation developing on the trough, which will then move westward passing south of the local area. This potential weather feature will increase moisture which in turn, heighten the chances for showers and thunderstorms from Wednesday through next Sunday.

Satellite image and accompanying information are provided by the National Weather Service. For an updated weather forecast, visit the National Weather Service Guam homepage: www.prh.noaa.gov/guam/

MICRONESIA			▲ ▼ °F
Guam and Rota	Thunderstorms	85° / 78°	
Palau	Thunderstorms	84° / 76°	
Yap	Thunderstorms	86° / 79°	
Chuuk	Thunderstorms	87° / 79°	
Pohnpei	Thunderstorms	87° / 76°	
Kosrae	Thunderstorms	87° / 76°	
Majuro	Thunderstorms	85° / 80°	

AROUND THE GLOBE			▲ ▼ °F
Auckland	Windy	70° / 57°	
Beijing	Mostly Cloudy	64° / 39°	
Hong Kong	Mostly Sunny	82° / 72°	
Honolulu	Showers	86° / 73°	
London	Showers	54° / 45°	
Los Angeles	Sunny	75° / 55°	
Manila	Thunderstorms	88° / 79°	
Melbourne	Partly Cloudy	72° / 55°	
Miami	Partly Cloudy	85° / 79°	
New York	Sunny	55° / 48°	
Osaka	Cloudy	68° / 55°	
Paris	Showers	55° / 48°	
Busan	Sunny	66° / 52°	
Rome	Showers	68° / 61°	
Salem	Mostly Cloudy	65° / 53°	
San Francisco	Sunny	66° / 47°	
Seoul	Sunny	66° / 41°	
Tokyo	Partly Cloudy	72° / 55°	
Washington, DC	Sunny	58° / 45°	

**NMI CRIME STOPPERS**

Anonymous tips can now be submitted through the following:

- Call 234-7272 (PARA) on any telephone
- *11 on any IT &E cellular phone
- Log on to the internet at www.nmicrimestoppers.net

TIDES: SAIPAN HARBOR TODAY			FEET
6:55 AM	LOW TIDE	0.00	
2:54 PM	HIGH TIDE	1.63	
9:03 PM	LOW TIDE	1.07	
-	-	-	

DAY	SUNRISE	SUNSET
Today	6:13 AM	5:47 PM
Tuesday	6:14 AM	5:46 PM
Wednesday	6:14 AM	5:46 PM
Thursday	6:14 AM	5:46 PM
Friday	6:15 AM	5:45 PM

DAY	MOONRISE	MOONSET	MOONRISE
Today	12:31 PM	-	-
Tuesday	-	12:08 AM	1:15 PM
Wednesday	-	12:58 AM	1:56 PM
Thursday	-	1:46 AM	2:34 PM
Friday	-	2:33 AM	3:11 PM

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FLIGHT SCHEDULE AS OF OCTOBER 27, 2019							
DEPARTURES				ARRIVALS			
SAIPAN-GUAM (GUM)				GUAM (GUM)-SAIPAN			
UA117	9:15am	9:55am	Daily	UA174	7:30am	8:10am	Daily
UA105	6:20pm	7:00pm	2, 4	UA104	4:50pm	5:30pm	2, 4
SAIPAN-BUSAN (PUS)				BUSAN (PUS)-SAIPAN			
7C3451	3:20am	6:30am	Daily	7C3452	9:35pm	2:30am+1	1, 2, 4, 5, 6, 7
				7C3452	10:05pm	2:30am+1	3
SAIPAN-SEOUL (ICN)				SEOUL (ICN)-SAIPAN			
TW308	2:05am	6:05am	Daily	OZ6233	8:00am	1:20pm	2, 4, 6
OZ626	2:10am	6:10am	1	OZ623	8:55am	2:30pm	1, 3, 5, 7
OZ626	2:50am	6:25am	3, 7	7C3402	10:10am	3:30pm	Daily
OZ626	2:50am	6:40am	2, 4, 5, 6	OZ625	7:30pm	1:00am+1	7
7C3403	4:35am	8:35am	Daily	TW307	7:45pm	1:05am+1	Daily
OZ6243	3:20pm	7:10pm	2, 4, 6	OZ625	8:20pm	1:40am+1	1, 2, 3, 4, 5, 6
OZ624	3:50pm	7:40pm	1, 3, 5, 7	7C3404	10:10pm	3:40am+1	Daily
7C3401	4:30pm	8:25pm	Daily				
SAIPAN-SHANGHAI (PVG)				SHANGHAI (PVG)-SAIPAN			
3U8648	6:10am	8:50am	1, 4, 5, 7	3U8647	10:30pm	4:30am+1	3, 4, 6, 7
SAIPAN-HANGZHOU (HGH)				HANGZHOU (HGH)-SAIPAN			
JD396	7:30am	12:05pm	1	JD395	8:05am	3:30pm	4
JD396	4:50pm	7:55pm	4	JD395	8:50pm	5:00am+1	7
SAIPAN-GUANGZHOU (CAN)				GUANGZHOU (CAN)-SAIPAN			
3U8646	4:30am	7:50am	2, 6	3U8645	8:10pm	3:10am+1	1, 5
SAIPAN-BEIJING (PEK)				BEIJING (PEK)-SAIPAN			
MU764	1:30am	6:00am	3, 5, 7	MU763	4:50pm	12:30am+1	2, 4, 6
SAIPAN-MANILA (MNL)				MANILA (MNL)-SAIPAN			
OZ626/701	2:10am	10:35am	1 via ICN	UA184/174	12:40am	8:07am+1	3, 6 via GUM
OZ626/701	2:50am	10:35am	2, 3, 4, 5, 6, 7 via ICN	OZ702/625	12:05pm	1:00am+1	7 via ICN
UA117/183	9:15am	9:50pm	Daily via GUM	OZ702/625	12:05pm	1:40am+1	1, 2, 3, 4, 5, 6 via ICN
UA117/193	9:15am	11:50pm	2, 5 via GUM-ROR	UA192/174	10:40pm	8:07am+1	2, 5 via GUM-ROR
				UA184/174	10:55pm	8:07am+1	1, 3, 4, 6, 7 via GUM
				OZ704/6233	11:45pm	1:20pm+1	1, 3, 5 via ICN
				OZ704/623	11:45pm	2:30pm+1	2, 4, 6, 7 via ICN
SAIPAN-HONG KONG (HKG)				HONG KONG (HKG)-SAIPAN			
OZ626/721	2:10am	11:50am	1 via ICN	OZ746/6233	12:30am	1:20pm	2, 4, 6 via ICN
OZ626/721	2:50am	11:50am	2, 3, 4, 5, 6, 7 via ICN	OZ746/623	12:30am	2:30pm	1, 3, 5, 7 via ICN
UO43	5:35am	8:25am	1	OZ722/625	1:15pm	1:00am+1	7 via ICN
UO43	5:50am	8:40am	3, 5, 7	OZ722/625	1:15pm	1:40am+1	1, 2, 3, 4, 5, 6 via ICN
OZ6243/9661	3:20pm	11:15pm	2, 4, 6 via ICN	UO42	6:25pm	1:20am+1	7
OZ624/9661	3:50pm	11:15pm	1, 3, 5, 7 via ICN	UO42	9:25pm	4:20am+1	2, 4, 6
LEGEND: Days: Monday (1), Tuesday (2), Wednesday (3), Thursday (4), Friday (5), Saturday (6) and Sunday (7); 3U Sichuan Airlines, 7C Jeju Air, DL Delta Airlines, JD Beijing Capital, UO HK Express, HX HongKong Airlines, MU China Eastern, OZ Asiana Airlines, TW t'way Air, UA United Airlines, PR PAL Express; BC SkyMark ETD: Estimated Time of Departure; ETA: Estimated Time of Arrival. (The Saipan Tribune is not responsible for any changes in the schedule.)							
STAR MARIANAS AIR, INC.							
SAIPAN TO ROTA				1203	9:00AM	9:15AM	Daily
FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY	1204	10:00AM	10:15AM	Daily
1301	7:30AM	8:00AM	Daily	1205	11:00AM	11:15AM	Daily
1302	11:30AM	12:00PM	Daily	1206	12:00PM	12:15PM	Daily
1303	4:00PM	4:30PM	Daily	1207	1:00PM	1:15PM	Daily
				1208	2:00PM	2:15PM	Daily
				1209	3:00PM	3:15PM	Daily
ROTA TO SAIPAN				1210	4:00PM	4:15PM	Daily
FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY	1211	5:00PM	5:15PM	Daily
3101	8:15AM	8:45AM	Daily	1212	6:00PM	6:15PM	Daily
3102	1:45PM	2:15PM	Daily				
3103	4:45PM	5:15PM	Daily				
ROTA TO GUAM				TINIAN TO SAIPAN			
FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY	FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY
3401	12:15PM	12:45PM	Daily	2102	7:30AM	7:45AM	Daily
				2103	8:30AM	8:45AM	Daily
GUAM TO ROTA				2104	9:30AM	9:45AM	Daily
FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY	2105	10:30AM	10:45AM	Daily
4301	1:00PM	1:30PM	Daily	2106	11:30AM	11:45AM	Daily
SAIPAN TO TINIAN				2107	12:30PM	12:45PM	Daily
FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY	2108	1:30PM	1:45PM	Daily
1201	7:00AM	7:15AM	Daily	2109	2:30PM	2:45PM	Daily
1202	8:00AM	8:15AM	Daily	2110	3:30PM	3:45PM	Daily
				2111	4:30PM	4:45PM	Daily
				2112	5:30PM	5:45PM	Daily
				2113	6:30PM	6:45PM	Daily

Business

United launches donating miles to charity

CHICAGO—United Airlines announced the launch of Miles on a Mission, a first-of-its-kind crowdsourcing platform that gives customers a simple, easy way to donate miles to non-profit organizations and charities in need of air travel. The company has selected 12 launch partners and MileagePlus members can now visit united.com/donate to make contributions to organizations like the Transplant Life Foundation, OperationUSA and Waves for Water.

Each launch partner has 28 days to crowdsource miles from MileagePlus members, with the goal of reaching at least 250,000 miles. New partners will be added to the program as each launch partner reaches its goal.

United is donating two million miles to kick off the Miles on a Mission program, matching the first 50 thousand miles raised for each campaign.

“We want to make a difference in the communities where our customers and employees live, work and fly,” said Sharon Grant, vice president and chief community engagement officer at United Airlines. “Miles on a Mission not only allows us to connect with even more organizations than before but also gives our customers a new way to use their miles in a way that supports the charities and causes that mean the most to them.”

Non-profit organizations with current live campaigns include:

■ **OperationUSA:** An international disaster relief organization with a live campaign development agency that helps communities around the world overcome the effects of disaster, disease, violence and endemic poverty abroad.

■ **Holocaust Museum Houston:** An organization that is looking to fund travel for teachers to provide further education and classroom resources concerning the Holocaust and Human Rights.

Airbnb CEO says company is banning ‘party houses’

Airbnb Inc. says it’s banning “party houses” in the wake of a deadly shooting at an Airbnb rental in California.

In a series of tweets Saturday, Airbnb co-founder and CEO Brian Chesky said that the San Francisco-based company is stepping up efforts to “combat unauthorized parties and get rid of abusive host and guest conduct.”

“We must do better, and we will. This is unacceptable,” Chesky said.

Airbnb has always banned



United Airlines announced the launch of Miles on a Mission, a first-of-its-kind crowdsourcing platform that gives customers a simple, easy way to donate miles to non-profit organizations and charities in need of air travel.

■ **NJ LEEP:** A college access and success program serving first-generation and low-income students from the greater Newark, NJ area. The organization helps students build academic exposure to professional role models.

■ **Swim Across America:** An organization that hosts swimming events across the world to raise money for cancer research and clinical trials at major research institutions to supplement government funded research projects.

■ **Watts of Love:** A non-profit that provides solar technology and education to the 1 billion people living without electricity. They offer clean and sustainable forms of energy as an alternative to dangerous forms of energy.

■ **Waves for Water:** An organization that provides access to clean water for communities by creating portable water filter systems, digging/renovating wells and constructing rainwater harvesting and storing solutions.

■ **The Transplant Life**

Foundation: The nation’s leading advocacy group for those in the donation and transplantation world, including transplant recipients, living donors and donor families. Transplant Life Foundation strives each day to enhance and improve the lives of its members through its education programs, social networking platforms, TransplantNATION magazine and Transplant Games of America.

■ **Off-The-Grid Missions:** An organization dedicated to providing the Deaf and Hard-of-Hearing with access to life-saving resources, especially in high-risk and remote regions around the world.

■ **Miles4Migrants:** Dedicated to using donated frequent flyer miles, points and money to reunite and relocate individuals and families around the world separated by war, persecution, and disaster.

■ **Animal Lighthouse Rescue:** Dedicated to the rescue, rehabilitation, and finding of loving homes for sats, or stray dogs in Puerto Rico,

through their local partner, no-kill shelter El Faro de los Animales, and a team of staff, volunteers, and foster families in NY.

■ **Adaptive Cycling Foundation:** An organization that supplies, manufactures and adapts bicycles for injured service members, first responders or heroes as a means for recovery and rehabilitation, both mentally and physically, from injuries and traumas.

The Miles on a Mission platform went live on Friday, Oct. 25, and one of the inaugural non-profits, Veterans Community Project, has already reached its crowdsourcing goals. A new campaign will launch on the platform within the coming days.

“The Adaptive Cycling Foundation is very excited and honored to be included in United’s Miles on a Mission campaign, continuing our alliance with United of giving back,” said Scott Moro, Adaptive Cycling Foundation’s mechanic and founder. “We create One of a Kind Bicycles for

One of a Kind Heroes, Heroes that have already paid enough. The United Miles from the Miles on a Mission campaign helps us to provide zero cost travel to individually fit and consult with these Hero Veteran and Active Duty Service Members and First Responders. It’s exciting, motivating, and we are honored to be involved in United’s continuing mission of giving back.”

Eligible charities can apply for the opportunity to launch a 28-day campaign to raise miles for their organization through MileagePlus member donations. Approved charities will work with United to reach goals of raising between 250,000 and 5 million miles. Organizations looking to launch a campaign can visit the Miles on a Mission website for full application details.

In 2019, United is focusing more than ever on its commitment to its customers, looking at every aspect of its business to ensure that the carrier keeps customers’ best interests at the

heart of its service. In addition to today’s announcement, this year United:

■ Announced that MileagePlus award miles will never expire

■ Gave Economy customers a choice of complimentary snacks on domestic flight

■ Made DIRECTV free for every customer on more than 200 aircraft

■ Released a new version of the award-winning, most downloaded app in the airline industry

■ Launched a new tool called ConnectionSaver, dedicated to improving the experience for customers with connecting flights

■ Partnered with CLEAR on free or discounted memberships for MileagePlus members

■ Announced PlusPoints, new upgrade benefits for MileagePlus Premier members

■ And introduced products in its amenity kits made exclusively for the airline by luxury skincare line Sunday Riley. (PR)

Fitbit buy is Google’s latest step into gadgetry

Google’s acquisition of wearable pioneer Fitbit may be a bold plunge into health and fitness technology. But it’s also just the latest step in the internet giant’s often-halting effort to become a force in consumer hardware.

Once a pure software company known for its search engine, apps like Gmail and its Android software for smartphones, Google has for the last several years been building out its own suite of hardware products. These include

its niche Pixel smartphones and a variety of smart gadgets from speakers to thermostats to Wi-Fi routers, all recently rebranded as “Nest” products.

Last month, the company announced a slate of new products including a Pixel phone, a Nest speaker and wireless earbuds. But its gadget sales are still minuscule compared to rivals Apple and Samsung.

That doesn’t necessarily matter much to Google, which sees hardware mostly as a way to get people hooked

on its software and artificial-intelligence services. Health and fitness wearables like the ones that made Fitbit famous are just one more avenue for Google to forge a presence in people’s lives.

Google has previously tried and failed to build a business in health technology, and its Wear OS software offers fitness tracking and AI for smartwatches made by other companies. But it doesn’t have its own branded fitness wearable. (AP)

Nation

US judge blocks Trump's health insurance rule for immigrants

PORTLAND, Ore. (AP)—A federal judge in Portland, Oregon, on Saturday put on hold a Trump administration rule requiring immigrants prove they will have health insurance or can pay for medical care before they can get visas.

U.S. District Judge Michael Simon granted a temporary restraining order that prevents the rule from going into effect Sunday. It's not clear when he will rule on the merits of the case.

Seven U.S. citizens and a nonprofit organization filed the federal lawsuit Wednesday contending the rule would block nearly two-thirds of all

prospective legal immigrants.

The lawsuit also said the rule would greatly reduce or eliminate the number of immigrants who enter the United States with family sponsored visas.

"We're very grateful that the court recognized the need to block the health care ban immediately," says Justice Action Center senior litigator Esther Sung, who argued at Saturday's hearing on behalf of the plaintiffs. "The ban would separate families and cut two-thirds of green-card-based immigration starting tonight, were the ban not stopped."

The proclamation signed by President Donald Trump in

early October applies to people seeking immigrant visas from abroad — not those in the U.S. already. It does not affect lawful permanent residents. It does not apply to asylum-seekers, refugees or children.

The proclamation says immigrants will be barred from entering the country unless they are to be covered by health insurance within 30 days of entering or have enough financial resources to pay for any medical costs.

The rule is the Trump administration's latest effort to limit immigrant access to public programs while trying to

move the country away from a family based immigration system to a merit-based system.

The White House said in a statement at the time the proclamation was issued that too many non-citizens were taking advantage of the country's "generous public health programs," and said immigrants contribute to the problem of "uncompensated health care costs."

Under the government's visa rule, the required insurance can be bought individually or provided by an employer and it can be short-term coverage or catastrophic.

Medicaid doesn't count, and

an immigrant can't get a visa if using the Affordable Care Act's subsidies when buying insurance. The federal government pays for those subsidies.

According to the Migration Policy Institute, a nonpartisan immigration think tank, 57% of U.S. immigrants had private health insurance in 2017, compared with 69% of U.S.-born, and 30% had public health insurance coverage, compared with 36% of native-born.

The uninsured rate for immigrants dropped from 32% to 20% from 2013 to 2017, since the implementation of the Affordable Care Act, according to Migration Policy.

There are about 1.1 million people who obtain green cards each year.

"Countless thousands across the country can breathe a sigh of relief today because the court recognized the urgent and irreparable harm that would have been inflicted" without the hold, said Jesse Bless, director of federal litigation at the American Immigration Lawyers Association.

Earlier this year, the administration made sweeping changes to regulations that would deny green cards to immigrants who use some forms of public assistance, but the courts have blocked that measure.



Local residents with visas walk across the Puerta Mexico international bridge to enter the U.S., in Matamoros, Tamaulipas state, Mexico, Friday, June 28, 2019.

Crews make progress on large Southern California wildfire

LOS ANGELES (AP)—Authorities lifted evacuation orders for a farm community Saturday as firefighters make progress on a large wildfire in Southern California that continues to threaten about 2,500 homes and buildings.

Ventura County officials allowed an unknown number of residents in Somis to return home Saturday morning after firefighters contained 30% of the Maria Fire, which has burned nearly 15 square miles (38 square kilometers) and forced nearly 11,000 people to evacuate.

Fire activity subsided overnight. The county officials said in a 6 p.m. update that the humidity level is expected to stay low and winds will become more favorable to fire-

fighting in Southern California. Police in Santa Monica urged beachgoers to seek shelter indoors after lightning was reported over the city.

Crews battled to keep the flames away from orchards and farms in the rural area. Three buildings were destroyed.

The fire erupted on a hilltop northwest of Los Angeles on Thursday during what had been expected to be the tail end of gusty Santa Ana winds.

The cause was under investigation but there was a troubling possibility that an electrical line might have been involved — as such lines have been at other recent fires.

Southern California Edison said Friday that it re-energized a 16,000-volt power line 13

minutes before the fire erupted in the same area.

Edison and other utilities up and down the state shut off power to hundreds of thousands of people this week out of concerns that high winds could cause power lines to spark and start fires.

SCE will cooperate with investigators, the utility said.

In Northern California, more people were allowed to return to areas evacuated due to the huge Kincade Fire burning for days in the Sonoma County wine country.

The 121-square-mile (313-square-kilometer) fire was 72% contained, the California Department of Forestry and Fire Protection said.

The tally of destroyed homes reached 175 and there

were 35 more damaged, Cal Fire said. Many other structures also burned.

Historic, dry winds prompted the state's largest utility, Pacific Gas & Electric Co., to initiate four rounds of widespread pre-emptive shut-offs in Northern California this month to prevent wildfires.

But the Contra Costa County Fire Protection District pegged the utility's equipment as the cause of three smaller fires that cropped up Oct. 27 in the San Francisco Bay Area suburbs of Martinez and Lafayette.

And while the cause of the Kincade Fire hasn't been determined, PG&E reported a problem with a transmission tower near the spot where the fire started.

ACROSS THE NATION

Indiana collision between van, horse-drawn buggy kills 2

HOLLANDSBURG, Ind.

(AP)—Authorities say two people were killed when a van car crashed into a horse-drawn buggy in western Indiana. The Parke County Sheriff's Department says an Amish family of four was traveling along U.S. 36 in a horse-drawn buggy Saturday morning when it was struck from the rear by the van. The Tribune-Star reports the impact near the community of Hollandsburg forced the buggy off the road, killing two of the four family members. The two survivors were flown to Indianapolis hospitals, but their conditions weren't immediately known. The van's driver, 66-year-old Steven Miller Ealy of Danville, Indiana, was not injured, and a veterinarian cared for the horse at the scene. Police say alcohol and drugs are not believed to be factors in the crash.

2 bodies found at Texas beach are New Hampshire couple

CORPUS CHRISTI, Texas

(AP)—The two bodies found buried at a South Texas beach have been identified as a missing New Hampshire couple, investigators announced Friday. The deaths of James Butler, 48, and Michelle Butler, 46, are being investigated as homicides, the Kleberg County Sheriff's Office in Texas said in a release. "At present law enforcement officers are working on the investigation and are working on identification of persons of interest and attempting to find the whereabouts of the victims' truck and RV trailer," the release stated. A deputy on

Sunday located a woman's remains in a shallow grave on Padre Island, near Corpus Christi, the sheriff's office said. Chief Deputy Jaime Garza said a man's body was discovered beneath the first body on Monday. The sheriff's office had announced last week that the Butlers were reported missing, along with their truck and RV. Relatives said the pair had been traveling the country in a recreational vehicle since June of 2018 and was last heard from on Oct. 16. They said they believed the Butlers visited Padre Island.

Oklahomans charged with injecting, videotaping woman's death

EUCHA, Okla.

(AP)—A northeast Oklahoma husband and wife are charged with injecting a woman with methamphetamine two years ago and videotaping her as she asked for help, then died. Court records show 50-year-old Brian Edward Anderson and 42-year-old Allie Beth Anderson were charged Tuesday with first-degree murder in the October 2017 death of 41-year-old Melissa Vermillion at the Anderson's home in Eucha, about 65 miles (105 kilometers) east of Tulsa. Affidavits say an informant in August linked the two to Vermillion's death and that she may have been killed to prevent her from testifying against the couple in a separate case. The document says the Andersons face drug charges in another county. Jail records show both Andersons are in custody. An attorney listed for Brian Anderson did not immediately return a phone call Saturday for comment. No attorney is listed for Allie Anderson.

Asia

Trump absent, ASEAN charts path for trade bloc led by China

NONTHABURI, Thailand (AP)—Leaders from fast-growing Southeast Asian economies, China, Japan and other regional powers are aiming for a breakthrough on a free trade deal and an outline for handling territorial tensions at an annual summit that opened near Bangkok on Sunday.

Thai Prime Minister Prayuth Chan-ocha addressed the gathering of the Association of Southeast Asian Nations by saying the group intends to reach a basic agreement on the Regional Comprehensive Economic Partnership, a 16-member trade bloc encompassing nearly a third of all global trade.

Prayuth said the aim was to have a final deal by next year.

ASEAN also hopes to set a code of conduct with China regarding disputed waters in the South China Sea, he said.

President Donald Trump skipped the ASEAN summit and related meetings this year, opting to send his national security adviser, Robert O'Brien instead. Last year, Trump sent Vice President Mike Pence. This year both are busy campaigning back home.

Chinese Premier Li Keqiang told other leaders attending that Beijing was commit-



ted to 10-nation ASEAN's central role in the region.

"Given the complexity in the international and regional situation, our cooperation is built on a stable structure and moving forward in a positive fashion," Li said. "This is beneficial to the region and all parties involved."

"We support stability in the region and by doing so we have been able to cope with the instability elsewhere in the world," Li said.

On the long-troublesome issue of the South China Sea, Li welcomed progress in efforts by China and ASEAN to negotiate a regional "code of

conduct," which aims to tame aggressive actions that could set off armed confrontations in one of the world's most disputed regions.

After being accused of de-

laying the start of talks for years while building artificial islands with military outposts on contested reefs, China agreed to commence negotiations and both sides an-

Thailand's Prime Minister Prayuth Chan-ocha, right shows the way for ASEAN leaders, from left, Myanmar State Counsellor Aung San Suu Kyi, Philippines President Rodrigo Duterte, Singapore Prime Minister Lee Hsien Loong, and Chinese Premier Li Keqiang during ASEAN-China summit in Nonthaburi, Thailand, Sunday, Nov. 3, 2019.

nounced that the first of three expected rounds was concluded in July.

Li called that progress "a very important landmark" for regional stability. He said China is committed to making headway in the negotiations with ASEAN members, four of whom — Brunei, Malaysia, the Philippines and Vietnam — are locked in the territorial disputes.

But the talks are highly contentious and many doubt China is ready to sign a code that many governments, including the U.S., hope would be legally binding and potent enough to restrain provocative actions in a busy waterway crucial to global commerce.

Tear gas engulfs HK as protesters trash China agency

HONG KONG (AP)—Anti-government protesters attacked the Hong Kong office of China's official news agency in a show of anger against Beijing after chaos broke out downtown on Saturday, with police firing tear gas to repel gasoline bombs.

Streets in the upscale Causeway Bay shopping area and nearby Victoria Park were clouded in tear gas, sending thousands of protesters fleeing as riot police moved swiftly to stymie the latest rally in the city's 5-month-long push for genuine autonomy.

Police deployed at least two water cannon trucks in the vicinity. They had issued warnings to protesters who occupied the area that they were taking part in an unauthorized rally and were violating a government ban on face masks.

Some protesters stormed Xinhua News Agency's office in the city's Wan Chai neighborhood, smashing windows and the glass entrance door, splashing red ink, spraying graffiti and setting a small fire in the lobby. Graffiti that was sprayed on the wall next to the entrance read "Deport the

Chinese communists."

It was the first strike against the Chinese state-run news agency, a day after the ruling Communist Party in Beijing vowed to tighten the grip on the territory.

Protesters have frequently targeted Chinese banks and businesses linked to or that support China. In July, demonstrators threw eggs at China's liaison office in Hong Kong and defaced the Chinese national emblem in a move slammed by Beijing as a direct challenge to its authority.

Protesters accuse China's central government of infringing on the freedoms guaranteed to Hong Kong when the former British colony returned to Chinese control in 1997.

Earlier Saturday, some protesters unearthed a goal post from a soccer field and metal railings to block the entrance to Victoria Park.

Pro-democracy candidates running in this month's district council elections — who can meet with groups of 50 or fewer people without a police permit — held meetings with voters at the park to try get

around the rally ban. One candidate was pepper-sprayed in the face and detained after he argued with police.

Pockets of hardcore protesters in full gear quickly regrouped, setting street barriers and thrashing shuttered subway station exits. Protests also spread to the Kowloon district late Saturday.

In multiple places around the city, protesters hurled gasoline bombs at police, who responded by firing tear gas and water cannons. A number of protesters were detained.

Police said in a statement that some masked rioters had damaged shops, committed arson and placed nails on roads. They also said they halted two approved pro-democracy rallies due to the mayhem.

In one of those rallies, thousands gathered at a public square overlooking the city's harbor to press for the passage of a U.S. bill that could place diplomatic action and economic sanctions on Hong Kong over human rights violations. U.S. lawmakers have passed the bill, which still needs Senate backing.

3rd strong quake this month kills 5 in southern PH

KIDAPAWAN, Philippines (AP)—The third strong earthquake this month killed five people Thursday, injured several others and destroyed buildings that were already damaged by the earlier shaking in a devastated region in the southern Philippines, officials said.

Several cities and towns in the quake-hit area suspended school classes and office work due to fear of more tremors. Many residents may have returned to already-damaged houses despite the risks because of the humid tropical heat, causing some injuries due to falling debris, officials said.

A village hall collapsed in Batasan village in Makilala town of hard-hit Cotabato province and the village leader was pinned to death, Gov. Emmylou Taliño-Mendoza said.

Another man was pinned to death by a fallen tree and a woman died after being hit by heavy debris elsewhere in Makilala, government welfare officer Rosemarie Alcebar told The Associated Press by telephone. Two other villagers died due to quake-related injuries in Cotabato's Arakan town but details of their deaths were not immediately available, Alcebar said.

In Cotabato's city of Kidapawan, a small hotel par-



Rodrigo Duterte's hometown, a five-story condominium partly crashed down on its basement and rescue workers scrambled to bring out nine residents, one of whom was injured and brought to a hospital, officials said.

The residents of the 56-room building had been urged to evacuate after it was damaged by the earlier quake on Tuesday but some defied the warning.

Duterte and his family were safe in his Davao city home but engineers would check the stability of his house just to be sure, said Brig. Gen. Jose Eriel Nembra, who heads the presidential security force.

The Philippine Institute of Volcanology and Seismology said the 6.5-magnitude quake was set off by movement in a local fault at a depth of 6 kilometers (3.7 miles) about 28 kilometers (17 miles) east of Tulunan town in Cotabato province. The region already was devastated by two powerful earthquakes and hundreds of aftershocks this month.

At least eight people died in Tuesday's 6.6 magnitude quake, two were missing, 395 were injured and more than 2,700 houses and buildings, including schools and hospitals, were damaged, according to the Office of Civil Defense.

tially collapsed, crushing the lobby and a bank on the ground floor and causing the building to lean on an adjacent hospital. Both the hotel and the hospital were ordered abandoned because of the previous quake damage but six employees and an engineer were inside Eva's Hotel when the ground shook at midmorning, Mayor Joseph Evangelista said.

"They're supposed to inspect the building with an engineer then it happened. They managed to run out," Evangelista told DZMM radio.

The hospital and the hotel, its concrete columns precariously leaning and its rooms exposed without walls and windows, were cordoned off as they may collapse completely anytime.

In Davao city, President

World

Iran student leader says he regrets 1979 US Embassy attack

TEHRAN, Iran (AP)—His revolutionary fervor diminished by the years that have also turned his dark brown hair white, one of the Iranian student leaders of the 1979 U.S. Embassy takeover says he now regrets the seizure of the diplomatic compound and the 444-day hostage crisis that followed.

Speaking to The Associated Press ahead of Monday's 40th anniversary of the attack, Ebrahim Asgharzadeh acknowledged that the repercussions of the crisis still reverberate as tensions remain high between the U.S. and Iran over Tehran's collapsing nuclear deal with world powers.

Asgharzadeh cautioned others against following in his footsteps, despite the takeover becoming enshrined in hard-line mythology. He also disputed a revisionist history now being offered by supporters of Iran's Revolutionary Guard that they directed the attack, insisting all the blame rested with the Islamist students who let the crisis spin out of control.

"Like Jesus Christ, I bear all the sins on my shoulders," Asgharzadeh said.

At the time, what led to the 1979 takeover remained obscure to Americans who for months could only watch in horror as TV newscasts showed Iranian protests at the embassy. Popular anger



In this Oct. 29, 2019, photo, Ebrahim Asgharzadeh, one of the Iranian student leaders of the 1979 U.S. Embassy takeover, speaks in an interview with The Associated Press, in Tehran, Iran.

against the U.S. was rooted in the 1953 CIA-engineered coup that toppled Iran's elected prime minister and cemented the power of Shah Mohammad Reza Pahlavi.

The shah, dying from cancer, fled Iran in February 1979, paving the way for its Islamic Revolution. But for

months, Iran faced widespread unrest ranging from separatist attacks, worker revolts and internal power struggles. Police reported for work but not for duty, allowing chaos like Marxist students briefly seizing the U.S. Embassy.

In this power vacuum, then-President Jimmy Carter al-

lowed the shah to seek medical treatment in New York. That lit the fuse for the Nov. 4, 1979, takeover, though at first the Islamist students argued over which embassy to seize. A student leader named Mahmoud Ahmadinejad, who later became president in 2005, argued they should seize the Soviet Embassy compound in Tehran as leftists had caused political chaos.

But the students settled on

the U.S. Embassy, hoping to pressure Carter to send the shah back to Iran to stand trial on corruption charges. Asgharzadeh, then a 23-year-old engineering student, remembers friends going to Tehran's Grand Bazaar to buy a bolt cutter, a popular tool used by criminals, and the salesman saying: "You do not look like thieves! You certainly want to open up the U.S. Embassy door with it!"

"The society was ready for

it to happen. Everything happened so fast," Asgharzadeh said. "We cut off the chains on the embassy's gate. Some of us climbed up the walls and we occupied the embassy compound very fast."

Like other former students, Asgharzadeh said the plan had been simply to stage a sit-in. But the situation soon spun out of their control. Ayatollah Ruhollah Khomeini, the long-exiled Shiite cleric whose return to Iran sparked the revolution, gave his support to the takeover. He would use that popular angle to expand the Islamists' power.

"We, the students, take responsibility for the first 48 hours of the takeover," Asgharzadeh said. "Later, it was out of our hands since the late Supreme Leader Ayatollah Ruhollah Khomeini and the establishment supported it."

He added: "Our plan was one of students, unprofessional and temporary."

As time went on, it slowly dawned on the naive students that Americans wouldn't join their revolution. While a rescue attempt by the U.S. military would fail and Carter would lose to Ronald Reagan amid the crisis, the U.S. as a whole expressed worry about the hostages by displaying yellow ribbons and counting the days of their captivity.

As the months passed, things only got worse. Asgharzadeh said he thought it would end once the shah left America or later with his death in Egypt in July 1980. It didn't.

Blast in Syrian town held by Turkey-backed gunmen kills 13

ISTANBUL (AP)—A car bomb exploded in a northern Syrian town along the border with Turkey on Saturday killing 13 people, Turkey's Defense Ministry said.

The ministry said about 20 others were wounded when the bomb exploded in central Tal Abyad, which was captured last month by Turkey-backed opposition gunmen from Kurdish-led fighters.

The ministry blamed Syrian Kurdish fighters for the attack, saying it harshly condemns it and called on the international community to take a stance against this "cruel terror organization."

A spokesman for the main Kurdish-led force in Syria, Mustafa Bali, blamed Turkey for the blast, saying Turkey and the Syrian fighters it backs "are now creating chaos" in Tal Abyad to displace the Kurds who live in the town.

"Turkey is responsible for civilian casualties in the region it controls," Bali tweeted.

There was no immediate claim of responsibility.

Turkey last month invaded northeastern Syria to push out

Syrian Kurdish fighters, who it considers terrorists for their links to a Kurdish insurgency inside Turkey.

Earlier on Saturday, the Kurdish-led Syrian Democratic Forces said Christian fighters will now oversee security in a northern Syrian region that has witnessed fighting between Turkey-backed troops and Kurdish-led militiamen.

The SDF said the deployment will take place in villages close to the town of Tal Tamr in the Khabur river region. That area is home to Syria's dwindling Christian Syriac and Assyrian communities.

Turkish-backed fighters have been advancing in northern Syria since last month, leading to the displacement of about 200,000 people. There have been concerns in Christian villages about possible atrocities by Turkey-backed fighters, which include former jihadists.

The SDF said it's deploying the Syriac Military Council and Assyrian fighters in the Khabur river region. Both groups are part of the SDF.

The announcement came

a day after Turkey and Russia launched joint patrols in northeastern Syria, under a deal that halted a Turkish offensive against Syrian Kurdish fighters who were forced to withdraw from the border area following Ankara's incursion.

Though the truce has mostly held, it has been marred by accusations of violations from both sides and occasional clashes. Turkish President Recep Tayyip Erdogan has threatened to resume the offensive if deemed necessary.

But the U.S. had partnered with the Syrian Kurdish fighters, their top allies in the war against the Islamic State group. The relationship has strained ties between Washington and Ankara who are NATO allies.

After an abrupt and widely criticized decision by President Donald Trump to withdraw American troops from this part of Syria, the Kurdish forces approached the Syrian government and Russia for protection. Syrian government troops and Russian military police subsequently moved into areas along the border.

WORLD BRIEFS

IS says militants from Egypt, Bangladesh support new leader

BEIRUT (AP)—A media arm of the Islamic State group is reporting that militants from Egypt's Sinai and Bangladesh have pledged allegiance to the new leader, who succeeded Abu Bakr al-Baghdadi, in the first sign of support from the organization's global affiliates. Nasher news, which carries the group's news releases, posted pictures Saturday of a handful of militants purportedly from Bangladesh with their faces covered standing under the group's black flag. Their index fingers were raised to pledge allegiance to new leader Abu Ibrahim al-Hashemi Al-Qurayshi. Other pictures showed militants purportedly from Egypt's Sinai with their rifles and index fingers raised. The agency reports they too were pledging allegiance to the new leader. Al-Baghdadi was killed last week in a U.S. raid in Syria. Al-Qurayshi was named his successor Thursday.

Opponents call for Bolivia leader to quit in election spat

LA PAZ, Bolivia (AP)—Opponents of Bolivian President Evo Morales are calling on him to resign even as an international team of experts is auditing the election results that showed him winning a new term. Tens of thousands of Bolivians held a boisterous rally Saturday night in the eastern city of Santa Cruz, where protest

leader Luis Fernando Camacho demanded Morales resign by Monday. Opposition leaders say they distrust the audit being carried out by the Organization of American States into the Oct. 20 vote and they want a new election. Electoral authorities say Morales topped rival Carlos Mesa by just over 10 percentage points — the margin needed to avoid a runoff. Morales already has held the presidency for 14 years and critics say his reelection run violated constitutional term limits.

Mexico: 2 dead, 35 homes burned in Baja California

MEXICO CITY (AP)—Mexican authorities say two people have been killed and 35 homes damaged by two wildfires burning in the northwestern border state of Baja California. The federal Department of Security and Citizen Protection said late Friday in a statement that the blazes were located in the areas of Ensenada and Rosarito. The former covered about 60 acres (25 hectares) and was 95% extinguished. The latter covered about 25 acres (10 hectares) and there was no information on how much had been brought under control. The department said the toll of deaths and damage was recorded since the fires "reactivated" Oct. 30. Baja California state is across from California, which has also been hit by wildfires recently amid windy and dry conditions.

Focus

Day of the Dead:

From Aztec goddess worship to modern Mexican celebration

By KIRBY FARAH
THE CONVERSATION

Day of the Dead might sound like a solemn affair, but Mexico's famous holiday is actually a lively commemoration of the departed.

The nationwide festivities, which include a massive parade in Mexico City, typically begin the night of Oct. 31 with families sitting vigil at grave sites. Mexican tradition holds that on Nov. 1 and 2, the dead awaken to reconnect and celebrate with their living family and friends.

Given the timing, it may be tempting to equate Day of the Dead with Halloween, a ghost-themed U.S. holiday. But the two holidays express fundamentally different beliefs.

While Halloween has its origins in pagan and Christian traditions, Day of the Dead has indigenous roots as a celebration of the Aztec goddess of death.

Mictecacihuatl, goddess of death

Day of the Dead can be traced back to the native peoples of central and southern Mexico, the regions where I conduct my archaeological research.

When the Spanish arrived in central Mexico 500 years ago, the region had millions of indigenous inhabitants. The conquistadores largely characterized them as Aztecs because, at the time, they were united under the expansive Aztec empire.

According to colonial period records, the Aztec empire was formed in A.D. 1427, only about a century before the arrival of Spanish. But the celebration that Mexicans now call Día de los Muertos almost certainly existed many centuries earlier, perhaps originating with the Toltec people of central Mexico.

In any case, by the time the Spanish conquistadors invaded in 1519, the Aztecs recognized a wide pantheon of gods, which included a goddess of death and the underworld named Mictecacihuatl. She was celebrated throughout the entire ninth month of the Aztec calendar, a 20-day month that corresponded roughly to late July and early August.

Aztec mythology tells that Mictecacihuatl was sacrificed as a baby and magically grew to adulthood in the underworld, where she married. With her husband, she presided over the underworld.

Mictecacihuatl — who is often depicted with flayed skin and a gaping, skeletal jaw — was linked to both death and resurrection. According to one myth, Mictecacihuatl and her husband collected bones so that they might be returned to the land of the living and restored by the gods.

The Aztecs appeased these fearsome underworld gods by burying their dead with food and precious objects.

Archaeologists and historians know relatively little about the details of the month-long celebration of Mictecacihuatl, but say it likely involved burning incense, song and dance, and blood sacrifice — customary practices in many Aztec rituals.

Blending cultures

The Spanish invaders of Mexico were Catholic, and they worked hard to evangelize native peoples. To stamp out lingering indigenous beliefs, they demolished religious temples, burned indigenous idols and destroyed Aztec books.

But indigenous people in Mexico, as across the Americas, resisted Spanish efforts to eradicate their culture. Instead, they often blended their own religious and cultural practices with those imposed on them by the Spanish.

Perhaps the best-known symbol of the ethnic and cultural mixing that defines modern Mexico is La Virgen de Guadalupe, a uniquely Mexican Virgin Mary.

Many Mexican Catholics believe that in 1531 the Virgin appeared to Juan Diego, an indigenous Mexican farmer, and in his native language of Nahuatl told him to build a shrine to her. Today the Basilica of Our Lady of Guadalupe in Mexico City is

among the world's most visited holy sites.

Day of the Dead is almost certainly a similar case of blended cultures.

Spanish conquerors faced difficulty in convincing native peoples to give up their rituals honoring death goddess Mictecacihuatl. The compromise was to move these indigenous festivities from late July to early November to correspond with Allhallowtide — the three-day Christian observance of All Saints' Eve, All Saints' Day and All Souls' Day.

With this move, the holiday was nominally connected to Catholicism. But many practices and beliefs associated with the worship of the dead remained deeply indigenous.

Día de los Muertos today

Contemporary Day of the Dead rituals were featured prominently in the 2017 Disney/Pixar film "Coco." These include homemade sugar skulls, decorated home altars, the fantastical spirit animals called alebrijes and images of convivial calaveras—skel-etons—enjoying the afterlife in their finest regalia.

The use of Mexican marigolds to adorn altars and graves on Day of the Dead probably has indigenous origins. Called *campesúchil* by the Aztecs, the vibrant Mexican marigold grows during the fall. According to myth, the sweet smell of these flowers awaken the dead.

The elaborately decorated shrines to deceased loved ones, which usually contain offerings for the dead, may also have pre-Hispanic origins. Many indigenous peoples across Mesoamerica had altars in their houses or patios. These were used to perform household rituals, worship gods and communicate with ancestors.

The bones, skulls and skeletons that are so iconic of Day of the Dead are fundamentally indigenous, too. Many Aztecs gods were depicted as skeletal. Other deities wore bones as clothing or jewelry.

The Aztecs, who engaged in ritual human sacrifice, even used human bones to make musical instruments. The Aztec capital city of Tenochtitlan had a large bone rack, called a *tzompantli*, that stored thousands of human skulls.

And when Aztec commoners buried deceased family members under their own houses to keep them close, Mictecacihuatl became the formidable guardian of their bones.

That's good reason, the Aztecs would say, to celebrate this goddess of death with breads, flowers and a killer three-day party.

This story has been updated to more accurately characterize the origins of Halloween.

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AP
Brothers Dillon Dameron, foreground, 5, and Alexander Pagliai, 8, dress up as they partake in the Florida Day of the Dead celebration, Saturday, Nov. 2, 2019, in Fort Lauderdale, Fla.

Health & Wellness

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When it comes to jogging, less is more, study argues

By MONTE MORIN
LOS ANGELES TIMES

Hey, fitness junkies, here's something to ponder the next time you lace up your athletic shoes for that long, heart-pounding run: A Danish study recently concluded that high-intensity, high-mileage joggers die at the same rate as channel-surfing couch potatoes.

The study, published Monday in the *Journal of the American College of Cardiology*, is the latest to confront the controversial topic of what constitutes too much exercise.

Although previous research has found that physically active people have at least a 30 percent lower risk of death compared with inactive people, the ideal "dose" of exercise remains uncertain.

Noting that the most famous—and perhaps apocryphal—case of physically overdoing it involved the Athenian mes-

senger Pheidippides, who dropped dead after running 26 miles from the battlefield of Marathon to shout the word "Nike!" or "victory," the researchers hypothesize that strenuous running can damage the heart over time.

"Long-term excessive exercise may be associated with coronary artery calcification, diastolic dysfunction and large artery wall stiffening," wrote lead study author Dr. Peter Schnohr of Copenhagen's Frederiksberg Hospital and his colleagues.

"To our knowledge, there has been no study of the longevity of marathon, half-marathon or triathlon participants, but such studies would clearly be informative."

The researchers based their findings on data from the Copenhagen Heart Study, and followed 1,098 healthy joggers and 3,950 nonjoggers for about 12 years. By the end of the study, 28 of the joggers and 128 of the nonjoggers had died.

"Although joggers as a group appear to live longer than sedentary nonjoggers, light joggers and moderate joggers have lower mortality rates than sedentary nonjoggers," the authors wrote.

However, strenuous joggers—people who ran faster than 7 mph for more than four hours a week; or who ran faster than 7 mph for more than 2.5 hours a week with a frequency of more than three times a week—had a mortality rate that "is not statistically different from that of the sedentary group," the authors wrote.

The study is by no means the last word in the matter—the researchers themselves say the subject needs further investiga-

tion—but it may come as welcome news to those easygoing joggers who prefer shuffling along at modest speeds.

"The dose of running that was most favorable for reducing mortality was jogging 1 to 1.4 hours per week, with no more than three running days per week, at a slow or average pace," the authors wrote. (A slow or average running pace was determined to be 5 mph, or a 12-minute mile.)

In an editorial that accompanied the paper, the authors noted that the study was limited by a number of factors.

The study participants included white men and women from Copenhagen between the ages of 20 and 93. However, it did not take into account other forms of physical exercise besides running, according to the editorial's lead author, Duck-Chul Lee, an Iowa State University kinesiologist, and his colleagues.

Lee and his colleagues, who did not participate in the Copenhagen study, wrote that since the study participants self-reported their running habits, they may be subject to error or bias. They wrote also that the 127 study participants who were identified as strenuous joggers may have been too small a group to accurately calculate mortality risk.

"Further studies are needed to better evaluate this controversial issue," wrote the authors of the editorial. "Ideally, these studies will be well-controlled interventions, because we certainly agree that the goal is not to unnecessarily frighten people who wish to participate in more strenuous exercise."



Quinn on Nutrition: Nutrients to enhance immunity

By BARBARA QUINN
THE MONTEREY COUNTY HERALD

Flu season is here again. And this year's vaccine is designed to protect against four different flu viruses, says the Center for Disease Control (CDC). So when I went for my yearly poke in the arm, I was informed—by reason of my age—that I would receive the "high dose" flu vaccine—four times as potent as the regular flu shot.

Guess that's good. Our ability to fight off infections and viruses weakens as we age. So an extra boost of immunity can help fend off serious complications.

Besides yearly flu shots, our nutritional status is key to a strong immune system, says the Academy of Nutrition and Dietetics (www.eatright.org). These nutrients (in the right balance) are vital immunity enhancers:

Protein is the backbone of our body's defense mechanism since antibodies and other immune cells are made of protein. We don't need to eat



Besides yearly flu shots, our nutritional status is key to a strong immune system, says the Academy of Nutrition and Dietetics.

like cavemen to get adequate amounts, however. Many experts recommend we eat a protein-containing food with each meal including eggs, milk, yogurt, cheese, soy foods, fish, poultry and meat. High quality protein can also be found in combinations of vegetables, whole grains, beans and nuts.

Vitamin A strengthens and regulates one of the most important immune organs of the body—the skin. And that includes our digestive tract and lungs. Think bright orange, reds and greens when you're looking for vitamin A-containing foods: sweet potatoes, carrots, kale, spinach, red

peppers, apricots and eggs (yolk). Also look for foods "fortified with vitamin A" such as cereal or milk, says the AND.

Vitamin C is a major player on our immunity team. It stimulates the formation of antibodies that bind up dangerous toxins before they wreck havoc in our bodies. Since our bodies don't store much vitamin C, we need foods rich in this vitamin daily. Good sources include oranges, grapefruit, tangerines, strawberries, papayas, red peppers, and tomatoes.

Vitamin E works with vitamin C to maintain healthy cells so they can resist unwelcome guests. Vitamin E generally resides in whole grains or fortified cereals, seeds (such as sunflower seeds), nuts and vegetable oils.

Zinc plays a powerful role in wound healing and a strong immune system. Its most potent sources include lean meats, poultry, seafood, milk, whole grains, beans, seeds and nuts. One caution with taking zinc supplements, however. While adequate amounts of this mineral are

essential for strong immunity, higher than recommended doses can actually weaken the body's ability to fight off viruses and infections.

Probiotics—the good bacteria we find in cultured foods such as yogurt and kefir and also in supplements—are making a name for themselves as immune enhancers. Although researchers still haven't identified all the specific strains of healthful bacteria that work together to enhance our immune system, we do know that various types of dietary fiber are needed to "feed" these beneficial bacteria in our guts. That means, during this flu season and year-round, we can add an extra boost of immunity with high fiber foods such as vegetables, fruit, whole grains, beans and nuts.

Barbara Quinn is a registered dietitian and certified diabetes educator affiliated with Community Hospital of the Monterey Peninsula. She is the author of "Quinn-Essential Nutrition" (Westbow Press, 2015). Email her at barbara@quinessentialnutrition.com.

Life & Style

Zac Posen, red carpet favorite, shuts down fashion label



In this Feb. 16, 2015, file photo, designer Zac Posen and model Naomi Campbell greet the crowd after his Fall 2015 collection is modeled during Fashion Week, in New York. AP

NEW YORK (AP)—Designer Zac Posen is shutting down his namesake label.

Posen has been a red carpet favorite for close to two decades, known for glamorous, body-hugging gowns, often with long trains or big, flamboyant ruffles, for stars like Katie Holmes and Rihanna.

An announcement from the label's owners, House of Z and Z Spoke, noted late Friday that the company could no longer continue operations. It had been in a sale process.

Posen, 39, was considered a wunderkind of New York fashion when he launched his label in 2001. He also serves as creative director for the Brooks Brothers women's collection.

"The management team ... worked extremely hard to navigate the increasingly challenging fashion and retail landscape," he said in a statement Friday. "We are disappointed that these efforts have not been successful and deeply saddened that the journey of nearly 20 years has come to an end. I am grateful to the team who lent their incomparable talent and commitment along the way. I remain incredibly proud of what we created and hopeful for the future."

Among Posen's many prominent designs was a mermaid-like gown for Gwyneth Paltrow at the Oscars in 2007, an off-the-shoulder gown with brightly sequined skirt for Oprah Winfrey at the Oscars in 2011, and a fitted pink satin gown for Rihanna at the Diamond Ball in 2014.

He swathed actress Claire Danes in pastel blue organza at the 2016 Met Gala, with a twist: her Cinderella-inspired dress was made with fiber optics, and it lit up in the dark.

Katie Holmes was a frequent client, and his swirling purple, one-shouldered gown for her at this year's Met Gala included cutting-edge 3D-printed elements.

Posen also designed Princess Eugenie's filmy, blush-toned wedding reception gown for her 2018 nuptials.

And in 2015, Michelle Obama wore a shiny silver-gray belted Posen dress to the White House Correspondents' Association Dinner.

Posen was raised in New York, where at 16 he attended Parson's School of Design and then the Central Saint Martins University in London.

In 2004, he was awarded The Perry Ellis Award for Womenswear by the CFDA, or Council of Fashion Designers of America.

A new hope for Star Wars on Disney Plus in 'The Mandalorian'

LOS ANGELES (AP)—Never heard of a Mandalorian? You're not alone.

Actor Pedro Pascal hadn't either when he started talking to Jon Favreau and Dave Filoni about an ambitious new "Star Wars" series that would become a marquee offering for the Walt Disney Co.'s new streaming service, Disney Plus, which launches Nov. 12.

But Pascal, known for playing Oberynt Martell on "Game of Thrones," knew that this Mandalorian character looked a lot like Boba Fett and that was enough for him. The stoic bounty hunter behind the helmet who made his debut in "The Empire Strikes Back" became a cultish fan favorite and happened to be Pascal's preferred action figure as a kid. When he got out of the meeting and wanted to share the news, he could barely get

the words out.

"I was like, 'They want me to be—it's not Boba Fett, but it's like, you remember. They want me to be the coolest looking thing in Star Wars, you know?'" Pascal says, channeling his energy from that day. "It was a big geeky moment."

Pascal and anyone else scratching their heads about how they might have missed this Mandalorian concept can rest easy: It's not even a word that's uttered in the original trilogy. But the idea comes straight from George Lucas himself. He had envisioned a race of warrior peoples called the Mandalore that ended up getting streamlined into one character in the films—Boba Fett. "Star Wars" literature and series like "The Clone Wars" helped keep the Mandalorians alive over the years,

and it re-emerged again when Disney and Lucasfilm started thinking about non-Skywalker ideas for the new streaming service where it's primed to get its biggest audience yet.

"The Lion King" and "Jungle Book" director Jon Favreau was enlisted to executive produce and write for "The Mandalorian," which is set in the franchise's Outer Rim five years after "Return of the Jedi" and 25 years before the events of "The Force Awakens." The eight episode series, which will roll out on a near-weekly basis, follows the title character in his bounty hunting adventures.

The world around him is full of seedy and mysterious characters, like Greef Carga, played by Carl Weathers, who leads a bounty hunter guild, and former soldier Cara Dune,

played by Gina Carano. As with all recent Star Wars properties, details are being kept as secret as possible.

"I had to cut my finger and sign in blood that I would say nothing about it, not even say I was doing it, that I was part of it. They're very protective of Star Wars, the stories, the Mandalorian, the brand, and it makes sense," Weathers said. "We all want to protect it also."

But from early footage and the nature of the bounty hunting profession, "The Mandalorian" does seem a little darker than your average Star Wars story. It's been described as a Western, leaving it open as to whether the lead characters are good, bad or somewhere in between.

"We can be pulled to any side, any one of us," said Carano. "Even when you be-

gin the journey with the Mandalorian, you aren't sure what side you're on."

Pascal agreed that it's meant to be ambiguous.

"They separate good and evil so perfectly in the world of Star Wars. And in this one it's like we're way more at the center," Pascal said. "We're past those borders, and past those very, very linear, very specific lines of definition."

While Star Wars is no stranger to the small screen, those efforts have mostly been animated. So when initial trailers debuted for "The Mandalorian," in glorious live-action, many observed how movie-like it seemed, as though it would fit right in on the big screen alongside the "Star Wars" spinoffs like "Rogue One" or "Solo." A reported \$15 million per episode budget probably didn't hurt.

It's also a gesture of investment into a new phase of the

Star Wars universe under Disney. The Skywalker saga is coming to an end with "The Rise of Skywalker," which opens in theaters on Dec. 20, and the next cinematic trilogy is going through its own restructuring with the recent news that its overseers, "Game of Thrones" showrunners David Benioff and D.B. Weiss, have parted ways with Lucasfilm.

But "The Mandalorian" could help ease the gap as the future is plotted. And Favreau is already at work on a second season.

The involvement of Favreau and Filoni, who directed the pilot and has been behind "Star Wars" projects like "The Clone Wars" and "Star Wars Rebels" has everyone confident in the product.

"They are the Star Wars fans," said Carano. "This is made for (fans) because two of their own are making it."

Gretchen Carlson wants to speak freely about Fox News tenure

NEW YORK (AP)—When Gretchen Carlson heard that NBC News was considering letting people out of their non-disclosure agreements involving alleged sexual misconduct at the network, she couldn't help but think of the NDA she signed with Fox News before her departure three years ago.

"It would be nice to be able to be able to tell my full story,"

Carlson said.

She's hoping one day she can. The newswoman says she's asked to be let out of her NDA and talked to other Fox News employees who left with similar settlements about pressing the network to be let out of the agreements.

"Companies are saying that they want to be open and transparent and that they have

worked tirelessly to make their work environments safer," she told The Associated Press. "And if that's the truth, then they should let us out."

Carlson got a reported \$20 million settlement in 2016 after she sued the network, claiming



Carlson

late Fox News chief Roger Ailes demoted then fired her when she rejected his sexual advances.

Besides her settlement, she got a public apology, which Carlson said was key: "That usually doesn't happen when you come to some sort of an agree-

ment. Some would say that that would be an admission of guilt."

Fox News did not return an email seeking comment.

Carlson's case predated sexual misconduct allegations against movie mogul Harvey

Weinstein by a year. One of the scandal's revelations was how Weinstein used NDAs to silence women who accused him of abuse. His downfall led to the #MeToo movement that toppled scores of famous and powerful men.

Notre Dame delays plan to cover its Columbus murals until 2022

SOUTH BEND, Ind. (AP)—The University of Notre Dame is delaying its plan to cover up 19th century murals depicting Christopher Columbus in America that have long been criticized for their stereotypical images of Native Americans and blacks submissively posing before white European explorers.

The Catholic university based in South Bend, Indiana, announced in January that it would conceal the offending artwork. The decision came after students, employees and alumni signed a campus letter in 2017 that called for the removal of the murals, which have been displayed in the campus' Main

Building since 1884.

The school's president, the Rev. John I. Jenkins, said last month that a new exhibit will explore Notre Dame's early history, featuring high-quality reproductions of the Columbus murals and information about their historical importance.

The murals, created by artist Luigi Gregori, will be accessible to faculty members who use them for teaching and research, Jenkins noted, adding they will otherwise be covered in fabric. But Dennis Brown, the school's spokesman, told the South Bend Tribune this week that Notre Dame won't cover the 1880s paintings until the museum is completed in 2022.

Theater owners: 'The Irishman' 'deserved better' release

NEW YORK (AP)—Martin Scorsese's crime epic "The Irishman" landed in theaters Friday, but not nearly enough of them for theater owners.

John Fithian, president and chief executive of National Association of Theater Owners on Friday lamented Netflix's roll-out of one of the year's most acclaimed films, from one of cinema's top filmmakers.

"Martin Scorsese deserved better," Fithian said in a statement.

Netflix was unable to come to terms with the largest movie theater chains on "The Irishman." The tradi-

tional theatrical window is 90 days, something Netflix has declined to follow.

That has left Netflix films essentially boycotted by the majority of multiplexes. Netflix has instead carved out a roughly three-week exclusive run in independent theaters.

"The point of an exclusive theatrical window is for movies to reach their full commercial potential. Netflix chose to artificially limit 'The Irishman's' theatrical release," Fithian said. "That sends a message to filmmakers who are not Martin Scorsese. If you want a full theatri-

cal release, take your film to their competitors."

Scorsese has praised Netflix for its willingness to bankroll the \$159 million film—the only company will to do so, he said.

"We decided to make it with the understanding that it'll maybe never be shown in theaters. They said, 'You would have a time in theaters'—a few weeks or whatever. I said fine. The idea was to make the movie, you see," he told The Associated Press in June.

Netflix and theater chains, including AMC and Cin-

plex, negotiated extensively earlier this year on a compromise but ultimately failed to reach agreement.

Netflix declined comment Friday evening. A company executive who spoke to The New York Times about its "Irishman" strategy said the company cares about box office, but also wants viewers to watch films the way they want.

"The Irishman" is opening this weekend on eight screens in New York and Los Angeles, including Broadway's Belasco Theatre. It begins streaming on Nov. 27.



This image released by Focus Features shows Cynthia Erivo as Harriet Tubman, left, and Aria Brooks as Anger in a scene from "Harriet." AP

Cynthia Erivo on becoming Harriet Tubman

TORONTO (AP)—British actress Cynthia Erivo is relatively small in stature. In person, she is earnest and genial. In performance, the 32-year-old can appear achingly vulnerable. And if you're not paying attention, she will bowl you over.

Even if you are, she probably will, anyway.

Erivo's inner and outer strength can be stealthy but overwhelming. It was her Tony-winning transformation as Celie in "The Color Purple" on Broadway that first brought

her to the attention of American audiences. Ever since, the explosiveness of Erivo's voice—an earthy yet heaven-sent soprano that aches with perseverance and grace—has been causing jaws to drop like anvils.

Now, after glimpses of her on-screen power last year in Drew Goddard's "Bad Times at the El Royale" and Steve McQueen's "Widows," Erivo gives her first leading performance in the Harriet Tubman film "Harriet." In the diminutive abolitionist she immedi-

ately recognized something of herself.

"She was a small woman who was underestimated completely. She should not have been able to do what she did. She suffered from narcolepsy and epileptic fits. Nobody thought she was as strong as she is," says Erivo. "As a 5-foot-1 woman wandering about the Earth in my skin color, people do that a lot. I have a physical ability that people don't see on the outside but when people do see, it's different."

Kasi Lemmons' "Harriet," which opens in theaters this weekend, is the first feature film centered on the Underground Railroad conductor. It's a role that brings a new spotlight to Erivo, a fast-rising star whose soaring voice and classical poise has already earned her, along with the Tony, a Grammy and an Emmy. At 32, she's already within EGOT striking distance.

Meeting earlier this fall in Toronto shortly before "Harriet" was to make it world premiere, Erivo was fully conscious of the moment

she finds herself in, but also hesitant to too fully accept it as her own. "Harriet," and her performance as Tubman, wasn't about her, she said. It was also about Tubman, she said, and "Cynthia getting out of the way."

"There were definitely days that I know it wasn't just me," Erivo says. "It felt like she was there."

For many accustomed to the more sanitized children's book version of Tubman, "Harriet" is a fresh and authentic portrait of the woman known in her day as "Moses." It focuses on Tubman's initial escape from slavery in Maryland and her subsequent raids that led more than 70 people to freedom. It's a strikingly younger and fiercer Tubman, beginning with her relationship to her husband, John Tubman.

"The one thing I wanted to make sure of was that people got to see her as a woman," says Erivo. "We get to see her in love. We see her lose that love and we see what that does to her. From that she has to figure out what next. No one realizes that essentially what happened is she went back for her husband and things went south."

Only recently did a picture of a more youthful Tubman surface, believed to be taken in the 1860s, not the later-in-life images that most know her by. The photograph, put on display at the Smithsonian's National Museum of African American History and Culture in Washington earlier this year, helped guide

the production.

"I look at her fingers. They're long and lean. She's youthful in it," says Erivo. "And we see her in a different kind of dress. We can be reminded that as a free woman, she dressed like that. She was able to wear fine clothing. And she looked beautiful."

Lemmons, the "Eve's Bayou" filmmaker, used that image as a guide in capturing Tubman's womanhood and strength. Naturally, a lot was riding on the performance of Erivo, a newcomer coming off her success in "The Color Purple."

"As soon as we started rolling cameras and I saw her step into this role, any of my anxiety about her ability to portray Harriet instantly melted away," Lemmons says. "I was completely taken with her dedication and commitment and her talent. I mean, she's a star and everyone is about to know this. She's a real movie star."

Still, some backlash greeted the film when its first trailer was released. Such a quintessentially American role, some said, should have gone to an African American actress. Erivo, the daughter of Nigerian immigrants to England, was born in London and currently lives in New York. Erivo responded to the criticism on social media at the time, explaining her passion for the role and the sometimes overlooked commonalities between black people on both sides of the Atlantic.

Messages of peace mark 30 years since fall of Berlin Wall

BERLIN (AP)—Workers have hoisted a rainbow-colored net of 100,000 streamers—many with messages of love and peace—in front of Berlin's iconic Brandenburg Gate as part of next week's commemoration of the 30th anniversary of the fall of the Berlin Wall.

The installation, called "Visions in Motion," is the work of Los Angeles artist Patrick Shearn, who has created similar moving sculptures else-

where in the world.

Shearn told The Associated Press on Friday that he wanted to convey the sense of a dynamic world by stringing 20,000 square feet of ripstop nylon sailcloth that moves with the wind. He hoped it would reflect the widespread desire for peace.

Among the 30,000 handwritten notes were messages such as "Love wins," "Revolution" and "I hope the wall in (people's) heads disappears too."

Kelly Clarkson announces Vegas residency starting in April

LAS VEGAS (AP)—Singer Kelly Clarkson is the latest entertainer to announce a residency in Las Vegas.

Clarkson announced Friday that she'll be headlining a show at the Zappos Theater at the Planet Hollywood casino-resort starting in April.

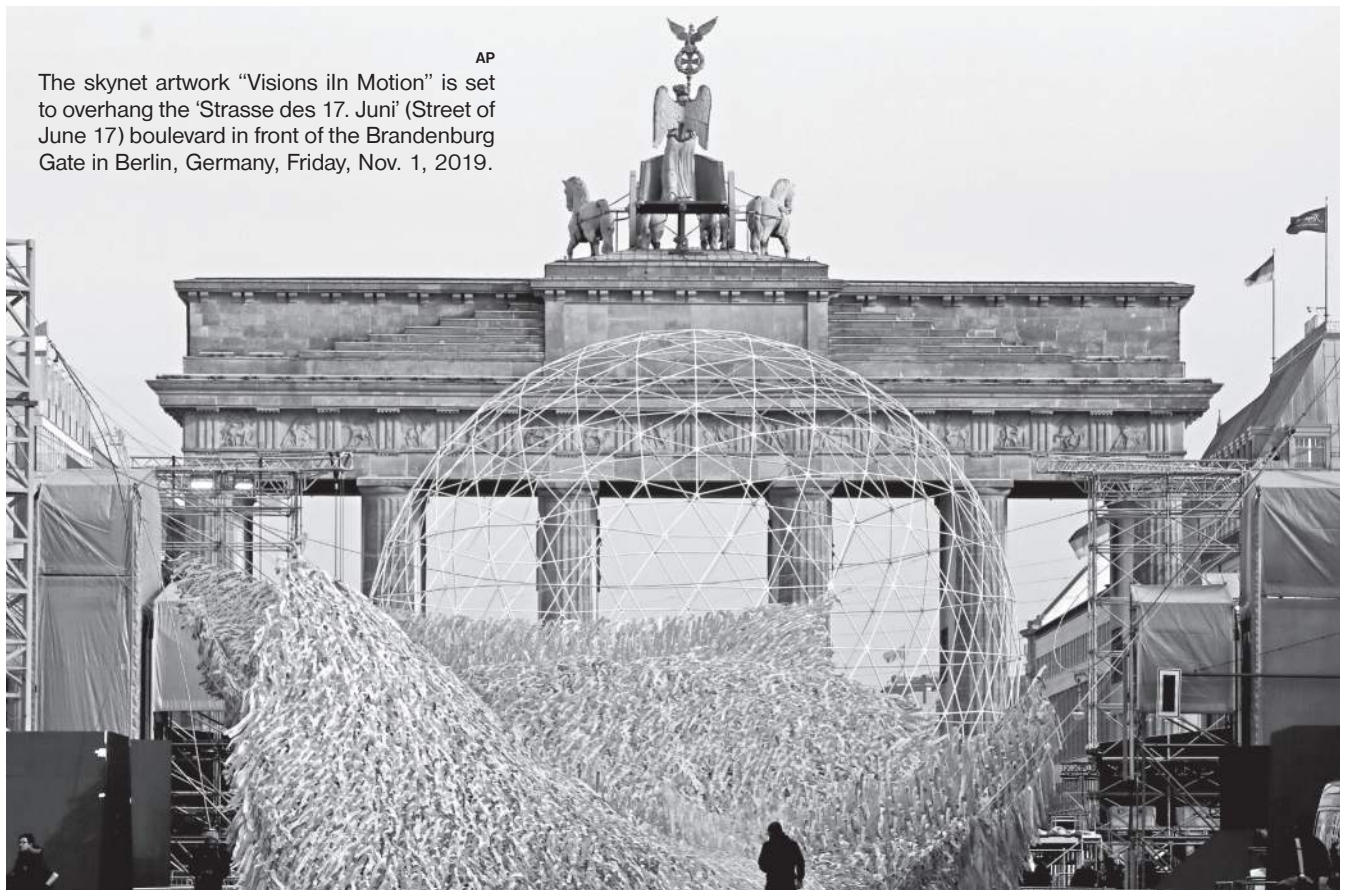
Clarkson says in a statement that she's excited and has always loved performing

in Las Vegas and the energy of the crowds.

She's scheduled for 16 performances that will run through September 2020.

Pre-sale tickets are available starting Nov. 4 and public sales of tickets start Nov. 8.

Other stars with residencies at the Zappos Theater include Christina Aguilera, Gwen Stefani and Shania Twain.



AP
The skynet artwork "Visions in Motion" is set to overhang the 'Strasse des 17. Juni' (Street of June 17) boulevard in front of the Brandenburg Gate in Berlin, Germany, Friday, Nov. 1, 2019.

SHOWBIZ TIDBITS

Grammys to honor Dr. Dre for trailblazing production work

Dr. Dre, who has produced hits for Eminem, Tupac, Snoop Dogg and more, will be honored by the Recording Academy for his trailblazing production work. The Recording Academy announced Friday that its Producers & Engineers Wing will pay tribute the Rock and Roll Hall of Famer on Jan. 22 at Village Studios in Los Angeles. The event takes place four days before the 2020 Grammys. Dre has won six Grammys, three of which he took home as a producer or engineer. Born in Compton, he broke out on the music scene as a co-founding member of N.W.A., producing some of

the group's groundbreaking 1988 debut album, "Straight Outta Compton." He went on to produce his own hits and multiplatinum albums, along with crafting music for Eminem, Tupac, Snoop Dogg, Kendrick Lamar, 50 Cent, Eve, Jay-Z, Nas, Busta Rhymes, Xzibit, the Game, Anderson .Paak and many more. He also found success outside of rap, producing Top 10 pop hits for Gwen Stefani, Michel'le and Mary J. Blige, helping the R&B queen top the Billboard Hot 100 chart for the first time with "Family Affair." Dre founded Beats Electronics in 2008 with Jimmy Iovine and six years later they launched a streaming subscription service, Beats Music. Apple acquired both in

a \$3 billion deal in 2014. (AP)

Sony sets 'Into the Spider-Verse' sequel for 2022

NEW YORK (AP)—The inventive, animated Spider-Man remix "Spider-Man: Into the Spider-Verse" is getting a sequel. Sony Pictures on Friday set a follow-up to the 2018 Oscar-winning hit for an April 2022 release. Producers Phil Lord and Christopher Miller also celebrated the announcement on Twitter and signaled that they, too, are returning. "Spider-Man: Into the Spider-Verse" grossed \$375.5 million worldwide. Its deconstructionist approach to Spider-Man earned some of the best reviews of any recent superhero film, and won the Academy

Award for best animated feature. Sony and Marvel Studios recently parted ways on "Spider-Man" before making up. Marvel is set to produce the third film in the live-action "Spider-Man" series.

Tyler Perry's new studio to host 2019 Miss Universe pageant

ATLANTA (AP) — Tyler Perry's new Atlanta studio will be home to the 2019 Miss Universe competition, a major showcase for the sprawling complex built on a former Confederate army base. The televised competition in which women from more than 90 countries compete for the crown of Miss Universe will air live from Tyler Perry Studios on Dec.

8. The three-hour show, hosted by Steve Harvey for the fifth year, will be broadcast on Fox and Telemundo. The show will end with reigning champion Catriona Gray of the Philippines crowning her successor. Perry opened his 330-acre (134-hectare) studio earlier this month. Its 12 soundstages are each named after seminal black actors and actresses.

Loughlin, Giannulli to fight new charges in admissions case

BOSTON (AP)—"Full House" actress Lori Loughlin and her fashion designer husband are contesting the latest charges against them in the college admissions scandal. Lawyers for Loughlin

and Mossimo Giannulli filed court documents Friday saying the couple plans to plead not guilty to charges of conspiracy to commit federal program bribery. The couple also waived their right to appear at a Nov. 20 arraignment. Prosecutors recently added the bribery charge for 11 parents who previously pleaded not guilty in the case. Another 19 parents have pleaded guilty or agreed to plead guilty. Loughlin and Giannulli are accused of paying \$500,000 to get their two daughters into the University of Southern California as fake athletic recruits. Their daughters no longer attend USC. The couple previously pleaded not guilty to fraud and money laundering.

Mom-to-be tires of cleaning solo in a house full of slob

DEAR ABBY: I am 7 1/2 months pregnant, living with my fiancé, his cousin, his cousin's girlfriend and her little brother, who she has custody of. (He will be 18 in a few months.) I do all the house cleaning and have for the last year and a half. I constantly pick up after them after work.

The cousin's girlfriend ("Queen Slob") is the worst of the bunch. She doesn't clean up after herself at all. She leaves a trail—drops her purse on the table, doesn't throw away her trash and leaves dirty dishes everywhere. I have tried not picking up after Queen Slob and everyone else, but they are either so dumb or inconsiderate that they don't put two and two together and realize it's not magic and someone is cleaning up after them.

How do I nicely express that I'm fed up with being the only one who keeps the house clean without coming off like a crazy pregnant lady? I'm running out of energy. I have been trying to clean for my baby shower, but I'm getting nowhere because every time I clean something, I have to do it again the next day. I also can't get the house ready for the arrival of the baby. It's not going to be fair to my baby if Mommy has to clean up someone's mess before I feed him. Help, Abby!

MAID IN NEVADA

DEAR MAID: You are right that once the baby arrives you won't be able to keep up what you have been doing. If you

haven't expressed to your fiancé what you have shared with me, it is long overdue. The two of you should convene a meeting of everyone who lives under that roof and set some house rules. If the cousin and his girlfriend won't cooperate, they should move.

As to your baby shower, if you have a close friend or relative nearby, it might be more practical to hold it in one of their homes.

DEAR ABBY: My 10-year-old son is behaviorally challenged and receives special education services at school. He is in the fourth grade.

Since the beginning of the school year he has been bullied by a girl in his class. She intentionally embarrasses him and makes fun of him in front of his classmates or when the teacher isn't looking. His reaction to her bullying gets him in trouble. Unfortunately, they don't see what she's doing that causes it. My son gets put into isolation at school, but seldom does she have any consequences for the bullying because she's discreet.

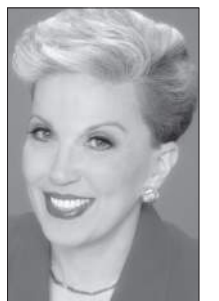
I have talked with his teacher, his counselor, special education coordinator, vice principal and the principal. Their only focus is my son's behavior/reaction. They don't address the issue of the girl bullying him. I tell him to ignore her, tell his teacher, tell the vice principal, but my advice has changed nothing. I don't know what to do. Please help me.

STOP THE BULLYING

DEAR ABBY

By ABIGAIL VAN BUREN
UNIVERSAL PRESS SYNDICATE

Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Contact Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069.



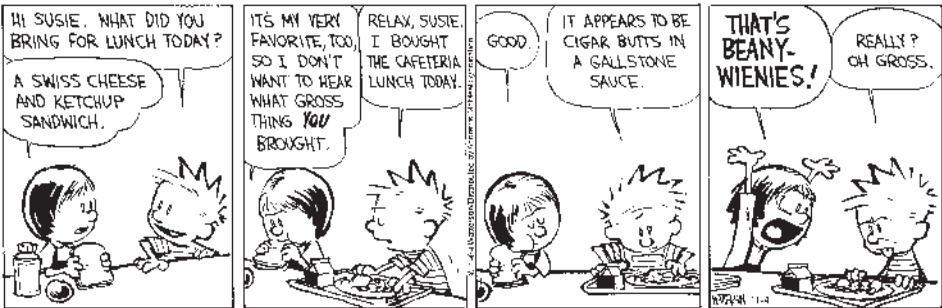
DEAR STOP THE BULLYING: If I were in your situation, first, I'd keep a record of these instances. Then I would try to talk to the girl's parents. If they were uncooperative, I'd then address my concerns to the school board in my community. And, if nothing changed, I would contact an attorney who specializes in cases of discrimination.

Abby shares more than 100 of her favorite recipes in two booklets: "Abby's Favorite Recipes" and "More Favorite Recipes by Dear Abby." Send your name and mailing address, plus check or money order for \$16 (U.S. funds) to: Dear Abby, Cookbooklet Set, P.O. Box 447, Mount Morris, IL 61054-0447. (Shipping and handling are included in the price.)

Pastimes

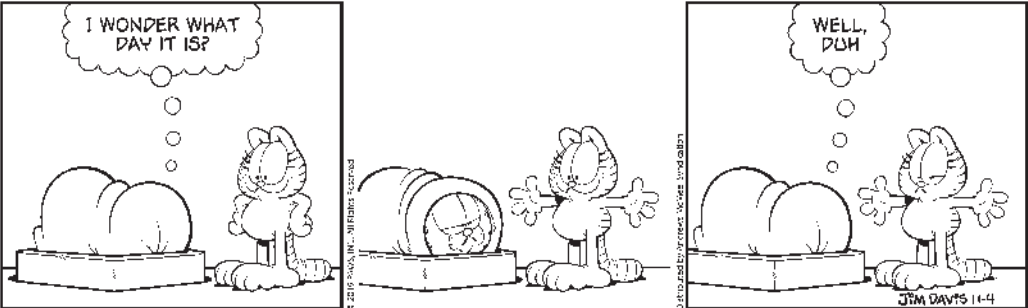
Calvin and Hobbes

By Bill Waterson



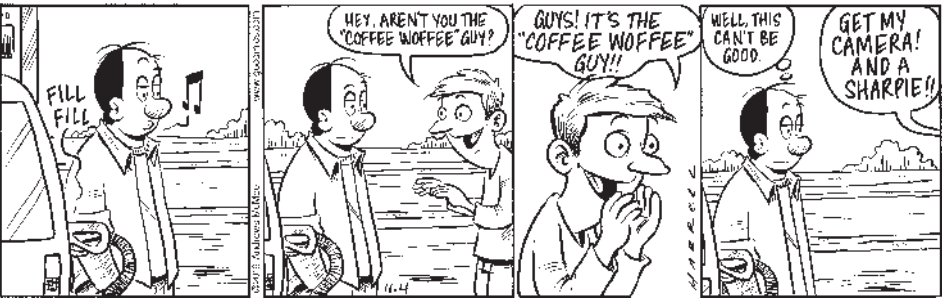
Garfield®

By Jim Davis



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By Bryan Basset



The Duplex

By Glenn McCoy



CROSSWORD By Eugene Sheffer

ACROSS 1 Goatee's spot 5 Dispensed candy 8 On — with 12 Alaskan city 13 Parisian pal 14 Sci-fi prefix 15 Boast 16 "Be My Baby" group, with "the" 18 Party snack 20 Woos 21 Metal boxes 23 "No seats" 24 Paint-mixing boards 28 Stable diet 31 Yale grad 32 Slangy farewells 34 "Chandelier" singer 35 Oodles

37 Outfits for babies 39 Central point 41 Model Banks 42 OK to eat 45 Bistro, for one 49 News sources 51 Loyal 52 From the U.S. 53 Curator's concern 54 Portent 55 Minus 56 Sign before Virgo 57 Galley supply

DOWN 1 "Mad Money" network 2 Circle dance 3 One-named super-model 4 Cancel out 5 Re Mom and Dad 6 Punk-rock subgenre 7 Galvanizing metal 8 Maestro Toscanini 9 Braised beef 10 Help a hood 11 Colonial flag-maker 17 Dawn goddess 19 "Troy" actor Brad 22 Attack 24 Pod dweller 25 100 percent 26 Glorifies 27 Approve of 29 Dead heat 30 Airline to Sweden 33 Antitoxins e.g. 36 Yams, 38 Body art 40 Crunchy sandwich 42 Alike (Fr.) 43 Title for Helen Mirren 44 List-ending abbr. 46 Witty Bornbeck 47 Contrue one 48 Longings 50 Before

Solution time: 26 mins.

BBB COMO FROG
ART FIAT OROF
RAINYDAY RIPE
NEPALI MBEA
MOF PAYDAY
HEMEN MUCAMA
GER RAM L ES L
HEY JAY FAH
IDOL EAR HDAY
CURI AGE AMP
YOGA FEDS MAD

CELEBRITIES BORN ON THIS DAY: Sean Combs, 50; Matthew McConaughey, 50; Ralph Macchio, 58; Markie Post, 69.

Happy Birthday: Put emotional baggage to the side. Face whatever is standing between you and what you want to do, and make changes that will allow you to pursue your dreams. The time to eliminate, organize and hone your skills has come, so don't waste time contemplating when you should be taking action. Live in the moment, learn from experience and expand your wisdom and your awareness. Your numbers are 2, 11, 16, 20, 28, 36, 45.

ARIES (March 21-April 19): Filter through information and keep what's pertinent to current projects. Build a foundation that will house what you want to achieve. Personal and physical gains are within reach if you revise and update what you already have. ****

TAURUS (April 20-May 20): Don't let the changes going on around you cause anxiety. Take another look, and you'll discover a way to adapt and use what's happening to your benefit. Recognize who is on your team and who isn't, and move forward alone if necessary. **

GEMINI (May 21-June 20): Work hard, play hard. You will feel the rewards that satisfaction has to offer. Your diligence and passion will far exceed any opponent you come up against. Trust your instincts, and don't stop until you reach your goal. *****

CANCER (June 21-July 22): Think, formulate and take action. Don't underestimate what you are capable of doing.

Be innovative and passionate, and follow through with stamina and confidence. Much can be accomplished if you accept and adjust your plans. ***

LEO (July 23-Aug. 22): Refuse to let emotional matters escalate or stand between you and something you want to pursue. Take action, and make a change that will ease your mind and bring you joy. Form partnerships that offer unity and promise. ***

VIRGO (Aug. 23-Sept. 22): Don't lose sight of the people and pastimes that bring you joy. Sign up for something that will get you out with like-minded people who offer thoughtful advice and are good influences. Distance yourself from drama and excessive behavior. ***

LIBRA (Sept. 23-Oct. 22): Focus on projects that require physical activity. Do prep work for an upcoming event, or set aside a space to organize and separate what you want to keep and what to pass along. Assess emotional situations before you react. *****

SCORPIO (Oct. 23-Nov. 21): You'll be offered valuable information that will help you move forward if you listen and learn. Sometimes it's difficult to see what's directly in front of you. Open your mind, and move forward with confidence and determination. Love should have no boundaries. **

SAGITTARIUS (Nov. 22-Dec. 21): Be honest about your intentions, likes and dislikes. Question anything that doesn't seem right. Be willing to do the work yourself to avoid disappointment. Pay closer attention to the way you look and present yourself to others. ****

EUGENIA LAST
THE LAST WORD IN ASTROLOGY

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CAPRICORN (Dec. 22-Jan. 19): Put your differences aside. You'll get a lot more accomplished if you go with the flow. Look for ways to compensate and to fit into the mainstream, where you can have the most significant impact on the outcome of situations and people. ***

AQUARIUS (Jan. 20-Feb. 18): Focus on getting things done. Keep your emotions in check and out of sight. You'll reach your goal and establish future prospects if you draw on the people who have been dependable in the past. Romance is on the rise. ***

PISCES (Feb. 19-March 20): Impulse purchases will not live up to your expectation. Concentrate more on what you can do for others, and spend less time on primping and pampering. A change in a meaningful partnership will unfold if you can't find common ground. ***

Birthday Baby: You are sensitive, passionate and worldly. You are willful and original.

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SUDOKU

Conceptis Sudoku By Dave Green

9 7 5 4
3 9
8 6 7 1
2 4 8
4 5 2 9
9 4 1 3
6 8
8 4 7 5

Sudoku is a number-placing puzzle based on a 9x9 grid with several given numbers. The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3x3 box contains the same number only once. The difficulty level of the Conceptis Sudoku increases from Monday to Saturday.

Last Friday's Answer

9 1 4 2 5 3 7 6 8
2 7 6 9 8 1 3 5 4
5 3 8 4 6 7 9 1 2
7 9 5 1 4 8 6 2 3
6 4 2 7 3 9 5 8 1
1 8 3 5 2 6 4 7 9
8 5 1 6 9 4 2 3 7
4 6 7 3 1 2 8 9 5
3 2 9 8 7 5 1 4 6

Difficulty Level ★ 11/04
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Find today's solution in classified section

Giannis' double-double lifts Bucks over Raptors



MILWAUKEE (AP)—Giannis Antetokounmpo carried a big chip on his broad shoulders against the Toronto Raptors.

Antetokounmpo had 36 points, 15 rebounds, eight assists and four blocks to lead the Milwaukee Bucks to a 115-105 victory over the Raptors on Saturday night in the first meeting between the teams since the Eastern Conference finals.

"Definitely, I had a lot of motivation," he said. "Obviously, a different team. Kawhi (Leonard) is not on the team, but I think guys have stepped up. (Kyle) Lowry is still playing amazing. (Pascal) Siakam has stepped up a lot for this team. They are the team that cost us a trip to the NBA Finals. Obviously, you are going to come out and play a little bit harder and have a little bit extra juice in you."

Eric Bledsoe added 14 points and five assists, and Khris Middleton and Brook Lopez each had 11 points for the Bucks.

The Bucks had the best record in the East last season and then took a 2-0 lead over the Raptors in the conference finals, but Toronto took the next four en route to its first NBA championship.

In this rematch, Lowry scored a season-high 36 points on 11-of-18 shooting, including 5 of 9 from 3-point range. Pascal Siakam added 16 for Toronto, which had won four of its first five this season.



Marc Gasol grabbed 12 rebounds and had 10 points.

The Bucks' habit of blowing big leads nearly cost them again. They led by 19 in the first half against Boston and 21 in the third quarter over Miami, but lost them both.

"We've got to get better," Antetokounmpo said. "It's happened three times so far. We've got to get better and be in the moment. We cannot relax. People are coming after us. Nothing is going to be

given to us."

The Raptors, who had trailed by as much as 26 points, pulled within four three times in the fourth quarter, the last on a 3-pointer from Fred VanVleet that made it 107-103 with 2:24 to play.

Toronto coach Nick Nurse challenged the call on Siakam's sixth foul with 1:41 to play, but a review confirmed it and George Hill pushed the lead to six with two free throws. Antetokounmpo

tacked on two more baskets and Bledsoe added one for the final margin.

VanVleet, who finished with 12 points and seven assists, looked at this game as an early season matchup, a learning experience and nothing more.

"We didn't go into this with a playoff game-plan scheme," he said. "We had a good game plan. We didn't execute it very well. There's going to be games like that."

Injury blights Nadal; Djokovic makes finals

PARIS (AP)—Injury blighted Rafael Nadal again as he pulled out of his Paris Masters semifinal on Saturday, meaning top-ranked Novak Djokovic will go for his fifth title at the indoor tournament against Denis Shapovalov.

Fans hopeful of seeing a 55th career matchup between Nadal and Djokovic in Sunday's final were disappointed to learn, moments before the second semifinal was scheduled to begin, that Nadal withdrew because of an abdominal injury. The same injury forced Nadal out just before the start of last year's tournament at Bercy Arena and ended his season.

"I went through this in the past, so that's why the recommendation of the doctors (was) to not play," Nadal said. "I have to take that decision."

The second-ranked Spaniard said he felt the injury flare up in the morning as he practiced a few hours before

facing the 20-year-old Canadian. A scan revealed a small strain. Nadal returned to practice and still felt pain serving. He decided it wasn't worth risking a bigger injury.

Last year, Nadal missed the season-ending ATP Finals in London because of the abdominal injury, but hopes he can recover in time for this year's finals starting on Nov. 10.

"I hope to be ready for London, that's the biggest goal now," he said. "I will do all what's possible to recover for it."

Earlier, Djokovic reached his sixth Paris Masters final beating Grigor Dimitrov 7-6 (5), 6-4.

He is aiming for a 77th career title, a 34th in Masters events. He has a 3-0 record against Shapovalov, who is playing in only his second career final and his first at a Masters.

"Well, of course it's not the way I want to reach my first

finals," Shapovalov said, referring to Nadal's injury. "But nonetheless it's a great opportunity for me ... I'm not one to cut down risk, so I'm going to go for it."

In a tight opening set where neither faced a break point, Dimitrov cracked in the tiebreaker faced with the defensive resilience of Djokovic.

With Dimitrov up 5-4 and controlling the exchanges, a 32-stroke rally ended when he advanced to the net and tried an extravagant forehand volley to the left. He could have played an easier shot with a controlled backhand to the vacant right side of the court.

The ball landed out and Djokovic punched the air, roaring in relief.

Then, on set point, a 35-stroke rally ended when Dimitrov chopped a backhand long.

"He was probably the better player in the tiebreak. I

managed to get returns into play and just make him play an extra shot," Djokovic said. "We both really understood the importance of clinching the first set so we could feel a bit more relaxed in the second and start swinging through."

Djokovic broke Dimitrov in the fifth game of the second set when the unseeded Bulgarian swatted a forehand long.

Serving for the match, Djokovic held to love.

Djokovic won his first title here 10 years ago and three straight from 2013-15. He lost his only final last year to Karen Khachanov.

He is bidding to finish the year as No. 1 for the sixth time, which would move him one ahead of Roger Federer and Jimmy Connors, and into a tie with all-time leader Pete Sampras.

Nadal is looking to seal the year-end top ranking for the fifth time.

His injury last year ensured Djokovic ended as No. 1.

Pistons 113, Nets 109

In Detroit, Andre Drummond had 25 points and 20 rebounds, Bruce Brown added career highs of 22 points and seven assists and the Pistons beat Brooklyn.

Luke Kennard finished with 24 points and helped seal it with a driving basket and two free throws in the final 30 seconds of both teams' second game in two nights.

Drummond had at least 20 points and 20 rebounds for the third straight game and fourth time in seven games this season. He added six assists, five blocks and three steals.

Kyrie Irving had his first triple-double with Brooklyn with 20 points, 11 rebounds and 10 assists. Taurean Prince added 20 points.

Suns 114, Grizzlies 105

In Memphis, Devin Booker scored 21 points and Aron Baynes hit a career-high four 3-pointers and had 20 points in Phoenix's victory over the Grizzlies.

The two combined to shoot 14 of 23 from the field and the Suns finished at 50%, going 14 of 34 from 3-point range. Kelly Oubre Jr. added 15 points and Frank Kaminsky had 14.

Rookie Ja Morant led Memphis with 24 points and seven assists, Dillon Brooks and Brandon Clarke each had 16 points, and Clarke added 11 rebounds.

Hornets 93, Warriors 87

In San Francisco, Terry Ro-

zier made a short go-ahead jumper and added two free throws with 4.9 seconds left after missing three straight, and Charlotte held off injury-depleted Golden State.

Dwayne Bacon scored 25 points while Rozier finished with 20 points and seven assists to help the Hornets win their second straight after back-to-back losses to the Lakers and Clippers.

Erich Paschall had a season-high 25 points for Golden State while starting in place of injured Draymond Green. Green suffered a torn ligament in his left index finger on Friday night, joining a long list of injured Warriors. Golden State is 1-5.

Nuggets 91, Magic 87

In Orlando, Jamal Murray scored 22 points, Nikola Jokic had 20 points and seven rebounds and both made big late plays to help Denver beat the Magic.

Jokic hit a shot from the corner with 1:53 left to put Denver up 84-81. Murray made a jumper with 1:24 left, drove for a dunk and an 88-83 lead with 35 seconds remaining, and wrapped up the victory with two free throws with 5.1 seconds left.

Nikola Vucelic scored 24 points for Orlando. Aaron Gordon added 21 points and nine rebounds.

Timberwolves 131, Wizards 109

In Washington, Andrewiggins scored 21 points, Robert Covington and Jarrett Culver each added 20 and Minnesota cruised past the Wizards.

Minnesota improved to 4-1 for the first time since 2012-13. They played with Karl-Anthony Towns serving the first of a two-game suspension for an altercation with Philadelphia's Joel Embiid on Wednesday night.

Bradley Beal scored 30 points for Washington. The Wizards are 1-4.

Thunder 115, Pelicans 104

In Oklahoma City, Shai Gilgeous-Alexander had 23 points and eight rebounds in the Thunder's victory over New Orleans.

Dennis Schroder and rookie Darius Bazley each added 17 points, Danilo Gallinari had 16 points and Chris Paul finished with 15 points and nine assists. JJ Redick scored 17 points for the Pelicans.



Strasburg opts out of \$100M deal with Nats



NEW YORK (AP)—Stephen Strasburg opted out of the final four years of his contract with the Washington Nationals, three days after the star pitcher was chosen MVP of the World Series.

The move Saturday makes the 31-year-old right-hander a free agent. Strasburg gave up \$100 million he had been guaranteed from 2020-23 as part of a \$175 million, seven-year contract he agreed to with the Nationals in May 2016.

Strasburg was 18-6 with a 3.32 ERA this season, topping 30 starts for the second time in his career and leading the

NL with 209 innings pitched. Then he went 5-0 with a 1.98 ERA in five postseason starts and one relief appearance, including wins in Games 2 and 6 of the World Series against Houston.

Washington also won Game 7 to claim the first championship in franchise history.

Just a few days later, however, the roster has already begun to change.

The club declined its \$18 million option for next season on 35-year-old first baseman Ryan Zimmerman, the only player who has been a member of every Nats team since the franchise moved from Mon-

Mets hire Beltran as manager

NEW YORK (AP)—Carlos Beltran, two years removed from his playing career and with no managerial experience, has been picked by the New York Mets to replace Mickey Callaway.

Beltran received a three-year contract that includes a club option for 2023. The Mets announced the move Friday.

A nine-time All-Star during 20 major league seasons, Beltran played for the Mets from 2005-11.

He interviewed to become New York Yankees manager after the 2017 season, when Aaron Boone was hired, and spent this season as an adviser to Yankees general manager Brian Cashman.

“At the beginning it’s a little bit overwhelming. There’s a lot of information that you have to digest,” Beltran said after he was interviewed by the Yankees two years ago. “Being a player and being able to play this game for such a long time, I have seen a lot, and I have seen the importance of what players need in the clubhouse.”

The 42-year-old Beltran becomes the first minority to fill one of the eight major league manager vacancies this offseason. Those jobs filled are: the Chicago Cubs (David Ross), Kansas City (Mike Matheny), the Los Angeles Angels (Joe Maddon), Philadelphia (Joe Girardi) and San Diego (Jayce Tingler). Pittsburgh and San Francisco remain open.

Callaway was hired by then-general manager Sandy Alderson and led New York to a disappointing 77-85 record in his first season. Brodie Van Wagenen replaced Alderson as GM and proclaimed the Mets favorite to win the NL East. But New York fell to 41-51 with a loss in its first game following the All-Star break and could climb only to the periphery

of the wild-card race before finishing 86-76, third in the division behind Atlanta and World Series champion Washington.

“Congratulations to Carlos. We are thrilled, as we know our passionate fans will be, to have him back in the family,” Mets COO Jeff Wilpon said in a statement. “Thanks to Brodie and the entire baseball operations staff on this expansive, diverse and collaborative managerial search process.”

Beltran will be the fourth current manager born in Puerto Rico, joining Boston’s Alex Cora, Toronto’s Charlie Montoyo and Washington’s Dave Martinez.

He signed a \$119 million, seven-year contract with the Mets in January 2005 and helped them win the NL East in 2006, but he took a called third strike with the bases loaded against Adam Wainwright, ending New York’s 3-1 loss to St. Louis in Game 7 of the 2006 NL Championship Series.

Beltran got into a flap with Mets management in January 2010 when he had surgery on his right knee without their approval. Beltran went to Colorado to be examined by Dr. Richard Steadman, who operated. Assistant general manager John Ricco said at the time the team wanted to discuss Steadman’s diagnosis and possibly seek a third opinion but was never given the opportunity.

With New York out of contention in 2011, the Mets traded Beltran to San Francisco that July for pitcher Zack Wheeler.

Beltran finished with a .279 average, 435 home runs, 1,587 RBIs and 312 stolen bases for Kansas City (1998-04), Houston (2004, 2017), the Mets (2005-11), San Francisco (2011), St. Louis (2012-13), the Yankees (2014-16) and Texas (2016).



Washington Nationals starting pitcher Stephen Strasburg throws against the Houston Astros during the first inning of Game 2 of the World Series Wednesday, Oct. 23, 2019, in Houston. AP

San Francisco declined a \$1.4 million option on left-hander Fernando Abad, who gets a \$150,000 buyout and can become a free agent following Saturday’s decision.

The 34-year-old Watson went 2-2 with a 4.17 ERA in 60 games for the Giants last season.

As part of the amended contract, Watson’s \$500,000 performance bonus for 25 games pitched was eliminated in exchange for the increased guarantee. He may still earn performance bonuses of \$750,000 each for 30, 35, 40, 45, 50 and 55 games pitched next season.

If Watson had declined the option, he would have received a \$500,000 buyout.

Abad was 0-2 with a 4.15 ERA in 21 games for San Francisco.

The Giants also announced that right-hander Kyle Barraclough cleared waivers, was sent outright to Triple-A Sacramento and elected free agency.

In other transactions, Jake Arrieta is staying with the Philadelphia Phillies, exercising a \$20 million player option for 2020.

A 33-year-old right-hander, Arrieta was 8-8 with a 4.64 ERA in 24 starts this year. He did not pitch after Aug. 11 because of surgery to remove a bone spur from his right elbow.

Arrieta was the 2015 NL Cy Young Award winner with the Chicago Cubs. He made the All-Star team the following season and helped the Cubs win their first World Series title since 1908. He left as a free agent after the 2017 season and signed a deal with the Phillies that will wind up paying \$75 million over three seasons.

Arrieta was 10-11 with a 3.96 ERA in 31 starts for Philadelphia in 2018.

Mike Moustakas and Yasmani Grandal declined their mutual options with the Milwaukee Brewers, becoming free agents.

Moustakas, who turned 31 in September, is a free agent for the third straight offseason after earning \$18.7 million in a pair of one-year deals.

He hit .254 with 35 homers and 87 RBIs this year for the Brewers, earning his third All-Star selection. After starting the season at second base, he moved across the diamond to third when Travis Shaw slumped.

tral to Washington before the 2005 season. Zimmerman gets a \$2 million buyout.

Washington also turned down a \$9 million option on catcher Yan Gomes, who receives a \$1 million buyout.

Chapman stays with Yankees

Aroldis Chapman is staying with the New York Yankees, amending his contract to a \$48 million, three-year deal.

The 31-year-old All-Star closer had been owed \$15 million in each of the next two seasons as part of an \$86 million, five-year contract, and he had the right to opt out of the deal and become a free agent.

The left-hander’s amended deal includes salaries of \$16 million annually and a full no-trade provision. Under the original contract, he had a full no-trade through 2019, then a limited no-trade provision that said he could not be dealt during 2020 or 2021 to any of the five California teams or Seattle without his consent.

Chapman had a stellar regular season with the Yankees,

converting 37 saves in 42 chances while going 3-2 with a 2.21 ERA and striking out 85 in 57 innings. He earned his sixth All-Star selection and was selected the Reliever of the Year in the American League

Cubs will keep Darvish, Heyward

Starting pitcher Yu Darvish and outfielder Jason Heyward are staying with the Chicago Cubs, who exercised their \$11.5 million option for 2020 on left-hander Jose Quintana on Saturday and declined their \$6.5 million option on lefty Derek Holland, which triggered a \$500,000 buyout.

Darvish and Heyward both had the right to opt out of their contracts and become free agents, but decided against it.

Darvish is owed \$81 million over the final four seasons of a \$126 million, six-year deal, and Heyward is due \$86 million in the next four seasons of a \$184 million, eight-year contract.

A 33-year-old right-hander, Darvish was 6-8 with a 3.98

ERA in 31 starts this year after his first season with the Cubs was limited by a stress reaction in his right elbow and a triceps strain. He was 1-3 with a 4.95 ERA in 2018.

Darvish is 63-53 in seven major league seasons with Texas (2012-17), the Los Angeles Dodgers (2017) and the Cubs. His contract calls for \$22 million in each of the next two seasons, \$19 million in 2022 and \$18 million in 2023.

Heyward, 30, hit .251 with 21 homers and 62 RBIs this year, the best of his four seasons with Chicago. He has hit .252 with 47 homers and 227 RBIs for the Cubs.

A 10-year veteran, he played for Atlanta from 2010-14 and St. Louis in 2015. His deal calls for \$21 million in each of the next two seasons and \$22 million in each of the final two years.

Meanwhile, Giants left-hander Tony Watson has exercised his player option for 2020, which was increased from \$2.5 million to \$3 million as part of an amended contract.

McIlroy wins in playoff, gets 3rd WGC title

SHANGHAI (AP)—Rory McIlroy thought he did everything he needed to win the HSBC Champions on Sunday, and then Xander Schauffele made him do a little more.

McIlroy delivered all the right shots in the playoff, smashing driver down the fairway and hitting 4-iron into 25 feet on the par-5 closing hole at Sheshan International to set up at two-putt birdie.

Schauffele, who birdied the 18th in regulation to force a playoff, had to lay up from the rough near a bunker, and his 12-foot birdie putt stayed just right of the hole.

McIlroy won for the fourth time this year. It was his third World Golf Championships title, and his first since the Match Play at Harding Park in 2015.

McIlroy played bogey-free over the last 39 holes and closed with a 4-under 68, taking trouble out of play down the stretch because he had the lead.

“Bogey-free on the weekend. I thought it would be enough to get the job done,” McIlroy said.

Schauffele turned in a bold performance in his bid to become the first back-to-back winner of the HSBC Champions. He spent all week battling remnants of the flu, started the final round two shots behind and never let McIlroy feel in control.

Two shots behind with four to play, Schauffele birdied two of the last four holes for a 66, two-putting from the front of the green to a pin toward the back on the 18th in regulation, calmly making the 5-footer to force overtime at Sheshan for the second straight year.

“You have to give credit to Xander,” McIlroy said. “He’s been battling the flu and he played unbelievably well.”

They finished at 19-under 269.

McIlroy moves a little closer to Brooks Koepka at No. 1 in the world with one tourna-



Rory McIlroy of Northern Ireland tees off on the final day of the HSBC Champions golf tournament at the Sheshan International Golf Club in Shanghai on Sunday, Nov. 3, 2019.

ment left, the DP World Tour Championship in Dubai the week before Thanksgiving to close out what already has been a special year. This is the fourth time McIlroy has won at least four times in a season.

Louis Oosthuizen birdied his opening two holes to set the early target, and he was tied with McIlroy until a tee shot into the trees on the ninth, and a chip that didn’t reach the fairway, leading to bogey. Oosthuizen made another bogey on the 11th that effectively dropped him out of the race.

McIlroy took a two-shot lead with a bit of fortune on the par-5 14th. His second shot landed near the back pin but bounced hard into thick rough. His chip looked to be running some 10 feet by the hole, except that it hit the pin and left him a short birdie putt.

More fortune awaited on the 18th hole. One shot ahead

of Schauffele, who was in the fairway, McIlroy went right and watched the ball bound off the hill and settle in thick rough a foot from the red hazard line. He punched out to the fairway, but his approach was 25 feet short and he missed a birdie putt for the win.

Phil Mickelson closed with a 68 and tied for 28th. With Shugo Imahira finishing second on the Japan Golf Tour, Mickelson will drop out of the top 50 in the world for the first time since Nov. 28, 1993, the longest consecutive streak in the top 50 since the Official World Golf Ranking began in 1986.

“It was a good run,” Mickelson said. “But I’ll be back.”

Patrick Reed made one last audition as a captain’s pick for the Presidents Cup with a 66 to tie for eighth. He has finished among the top 20 in

10 of his last 13 starts, including a victory in the FedEx Cup playoffs.

Catching Woods’ 82 nearly impossible

Meanwhile, McIlroy may be one of the best golfers in the world and be fresh off a dominant PGA Tour season in which he won his second FedExCup and the Player of the Year award.

Even he knows, however, that catching Tiger Woods is nearly impossible—not just for him, but for anybody.

Woods picked up his 82nd career PGA Tour win on Sunday at the Zozo Championship in Japan, tying Sam Snead’s coveted all-time wins record.

“You see that 82 number, I’ll never get there,” McIlroy said. “I’m a realist and I know that 82 PGA Tour wins is something that in this day and

age is probably not going to be surpassed.”

McIlroy, in reality, is probably right.

Woods is already so far ahead of the rest of the field with his win totals. Phil Mickelson is the closest active player on Tour to him with 44 career wins, an impressive feat in its own right. Yet Mickelson, at 50 years old, likely doesn’t even stand a chance to top Woods—especially with his recent struggles out on the course.

McIlroy has 17 wins on Tour himself, thanks to the three he picked up last season, and is now the No. 2 golfer in the world behind just Brooks Koepka — who only has seven career wins, albeit four of those came at major championships.

Yet when Woods was 30 years old, the same age McIlroy is now, he had amassed 50 wins on Tour.

“I feel like I’ve had a decent

PGA Tour career, and I’ve had 17 [wins],” McIlroy said. “The numbers are so different.”

While Woods’ numbers are (likely) unattainable, McIlroy has a slightly different set of goals in mind for the rest of his golf career—and, like so many other players in the sport, is using Woods as motivation to get there.

“I’ve played with him a lot and he’s obviously a great golfer, but I know on my day I can play just as good if not better,” McIlroy said, via GolfTV. “I’m never going to get to those numbers, but it motivates me to play well and to play better and to win more.”

“I don’t know what that number is, but I’ve always said I want to be the best player to have come from the part of the world that I come from ... That will be a good start. Then from there, just try to go on and play the best I can.”

NEW YORK—On a night in which the president of the United States and Hollywood superstar Dwayne “The Rock” Johnson were both in the house, New York State Athletic Commission Chief Medical Officer Nitin K. Sethi apparently decided he wanted to be the star of the show.

Jorge Masvidal and Nate Diaz delivered as advertised through the first three rounds of their UFC 244 welterweight main event for the “BMF” title Saturday night.

Diaz (20-12 MMA, 15-10 UFC), however, was cut above and below his right eye, and while Diaz has fought his way through plenty worse in his career, Sethi took a cursory

Masvidal beats Diaz on controversial stoppage

glance at Diaz between rounds and decided to call off the fight, much to the chagrin of the capacity crowd at Madison Square Garden.

It goes in the books as a TKO stoppage at 5:00 of the third round, but Masvidal (35-13 MMA, 11-6 UFC) made it clear he was unsatisfied with the premature stoppage and was ready to run things back as soon as possible.

“For a fact, you gave me the love, I’ll give you the love,” Masvidal told Diaz. “I don’t like to leave the ring like this with my opponent still conscious. We have to run it back.

Masvidal was sharp from the fight’s outset, firing heavy hands with malicious intent. What turned out to be the bout’s most important sequence occurred

early in the first round. Masvidal caught Diaz with a wicked elbow off the break, then landed a sneaky head kick which dropped Diaz to the mat. Somewhere in that flurry, Diaz was busted open around his right eye.

Masvidal was cautious about going to the mat with Diaz, which enabled Diaz to recover, but he continued to outwork Diaz in the stand-up

throughout the first and into the second.

Diaz likes to stalk his foes, use pressure and turn up the volume. But every time it appeared Diaz was going to turn up the heat, Masvidal managed to escape and reset.

Diaz is a cardio machine known for coming on in the late rounds. While Masvidal also won the third round, the round was also Diaz’s best, as he started to show signs he was getting it together, landing effective combos.

Anticipation built for the championship rounds, but

that’s when the doctor decided it was a good idea to step in and end the fight.

“The Rock” came in and placed the specially made “BMF” belt around Masvidal’s waist, and while Masvidal accepted it, he made it clear he wants a rematch. Diaz let everyone know he’s down.

“I’m going back for this mother(expletive), right back,” Diaz said. “Let me heal this up and go again.”

With his 18th career stoppage win, Masvidal has now won three in a row. Diaz has dropped two of his past three.

Meanwhile, Darren Till’s middleweight debut was

successful.

At UFC 244, Till (18-2-1 MMA, 6-2-1 UFC) defeated former interim middleweight title challenger Kelvin Gastelum by split decision (27-30, 29-28, 30-27).

Saturday night, Till and Gastelum (16-5 MMA, 10-5 UFC) utilized all three rounds at New York’s Madison Square Garden. A close, perhaps lackluster bout saw Till utilize his leg kicks, footwork, and length to outpoint Gastelum for much of three rounds.

While Gastelum was able to land a leg kick or two-punch combination from time to time, the striking department largely leaned in Till’s favor.



Strong finish for Bridge Capital



ROSELYN B. MONROYO

Reynald Cabaltica goes up for an open shot, while AK Toyota's Nelson Manangan, left, and Clark Boswell look on during the fourth quarter of their game in the 2019 Atkins Kroll Marianas International Basketball League last Saturday at the Gilbert C. Ada Gymnasium.

By **ROSELYN B. MONROYO**
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REPORTER

Bridge Capital, LLC closed out its campaign in the 2019 Atkins Kroll Marianas International Basketball League with a 101-88 victory over

AK Toyota last Saturday at the Gilbert C. Ada Gymnasium.

Bridge Capital completed the round-robin regular season with a 5-4 record for fifth place in the team standings, just missing the semifinals by a notch. Only the Top 4 teams

after the elimination round will advance to the semis. AK Toyota is also out of the competition, as it wrapped up its season with a 2-7 mark.

Leroy Rangamar led Bridge Capital's last hurrah after firing 42 points, while four of the only five players who showed up for the team's final game scored in twin digits. Reynald Cabaltica added 27, while Eric Deleon Guerrero and Ernest Duenas chipped in 19 and 11,

respectively. Vincent Teregeyo rounded up Bridge Capital's depleted roster and logged 2 points.

Rangamar made all his points from the 3-point area, drilling six triples in the first quarter to hand Bridge Capital a 27-20 advantage. The lead ballooned to double figures in the second period, 51-36, as Rangamar knocked in four more shots beyond the arc and Cabaltica contributed

7 points.

Despite having only five players, Bridge Capital managed to keep its twin-digit lead in the second half with Rangamar still catching fire from the rainbow territory and drawing help from Deleon Guerrero, Duenas, and Cabaltica.

AK failed to keep up with Bridge Capital, as only Kelvin Fitial consistently hit baskets for the squad and when his

teammates started to get their shooting touch, they were too late the hero.

Bridge Capital 101—Rangamar 42, Cabaltica 27, Deleon Guerrero 19, E. Duenas 11, Teregeyo 2.

AK Toyota 88—Fitial 28, Catalla 16, Francia 12, Guilas 13, Boswell 10, Sekool 3, Castillo 3, Managan 2.

Scoring by quarters: 27-20, 51-36, 78-63, 101-88

By **KIMBERLY A. BAUTISTA**
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REPORTER

Joel Buco and Heather Taylor led the finishers in the Pre-Hell of Marianas Series 3 held yesterday in Marpi.

Joel Buco won in the men's open road bike division after completing the race (about 65-kilometers) that stretched from Tanapag Mobil Station to Suicide Cliff and finished at Mariana Resort in 2:30:59. Mark Isip (2:31:29) and Cesar Fortaleza (2:35:14) joined Buco in the Top 3.

In the women's open division, Taylor came in first at 2:52:42, followed by Kimiko McKagan (2:58:58) and Robyn Spaeth (3:00:48). Shawna Brennfleck was the lone participant in the 40 and below category and finished the race in 3:31:31.

For the men's 40 and below category, Justin Jones placed first after checking in at 2:37:59, followed by Ernie Henson (3:13:32) and Travis Spaeth (3:18:25). For the 41 to 45 category, Nap Dizon

Buco, Taylor top HOM Series 3



KIMBERLY A. BAUTISTA

Bikers head out to the course during yesterday's Pre-Hell of Marianas Series 3 in Marpi.

came out on top with his time of 2:35:15 and defeated Denicio Bautista (2:35:16) and Harold Balana (2:42:31).

Rusty Valino was ranked first in the 46 to 50 category after submitting 2:48:18, while Enrique Suba (2:56:45) and Renato Barros (3:02:13) completed the Top 3.

Tyce Mister finished first in the 51 to 55 division with his 2:45:37, while Nomer Mangalino (3:23:11) came

in at second.

Floro Derexes ruled the 56 to 59 category after logging 2:41:40 and was followed by Norlo Jacosalem (2:52:43) and Phil Guiang (3:13:44). Manny Sitchon was the sole rider in the 60 and above category and timed in at 3:32:30.

Meanwhile, Noe Valdisimo and Ayano Braxton prevailed in the men and women's MTD divisions of the final local event leading up

to next month's Hell of Marianas Century Cycle Race.

Valdisimo clocked in at 3:23:46 to lead Herman Cristobal (3:00:10) and Ding Ramos (3:01:47) in the Top 3, while Braxton posted 3:23:46 in the women's.

In the men's 51 to 55 age group, Romy Ampit won first with his 3:30:26, while Pax Guevarra (3:03:59) defeated Boboy Aguilar (3:10:36) in the over 60 category.

DANDAN

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to the title victory against the Eagles, who went into the finals undefeated after sweeping the eight games in the regular season

Aldan said she felt great about making the winning shot for her school and admitted she has been practicing her 3-point shooting.

"It was a good shot and I've been trying to shoot long shots with the help of our coaches," she said.

After Aldan's dagger, GCA tried desperately to regain the lead, but Dandan 2 held strong on defense to hand the Eagles a sorry loss in the finale. GCA led at 4-0, off Elisha Henson and Azriel Fatiolofa's baskets, while Casey Cruz made the other field goal for Dandan 2 before leaving the floor due to an injury. Fatiolofa was also hurt, as she sustained a knee injury in the first half, but she soldiered on in the second half in an attempt to win the finals for GCA.

However, Dandan spoiled the Eagles' bid, making coach Shanny Lely proud of her squad.

"It was a tight game. We're so proud of them, we worked so hard and of course the girls worked harder, and we're here today, we won," she said.

When asked about their chances of defending the perpetual trophy next season, Lely said, "We're going to keep do-

ing what we're doing and keep doing our best because that's all that matters. We plan to keep our title next year."

Aside from Cruz and Aldan, Gracie Mendiola, Analee Aldan, Pattylyn Mendiola, Angel Calage, Andrea Teigita, and Tricia Rabago also played for the champion team.

Meanwhile, PSS Athletic Program director Nick Gross thanked all the participating schools and congratulated Dandan 2 for winning the title.

"Dandan persevered, stuck through it. GCA has been great all year and that was the team's first loss of the year. Dandan 2 came in as No. 3 seed and GCA was No. 1 and unbeaten so this is one of those Cinderella moments where you win it when you're not expected to, but that's why we play the game and don't just go by a seeding and give the trophy," Gross said.

Hopwood Middle School 1 and 2, Agape Christian School, Dandan 1, and Mount Carmel School also played in last weekend's single-elimination tournament.

Hopwood 1 defeated Agape, 16-8, to advance to the semis against GCA. The Eagles then took the first finals seat after ousting Hopwood 1, 11-9.

Dandan 2 notched the second finals ticket following its victories over Hopwood 2, 26-11, and Mt. Carmel, 17-9. The Knights moved into the semis after booting out Dandan 1, 24-6.

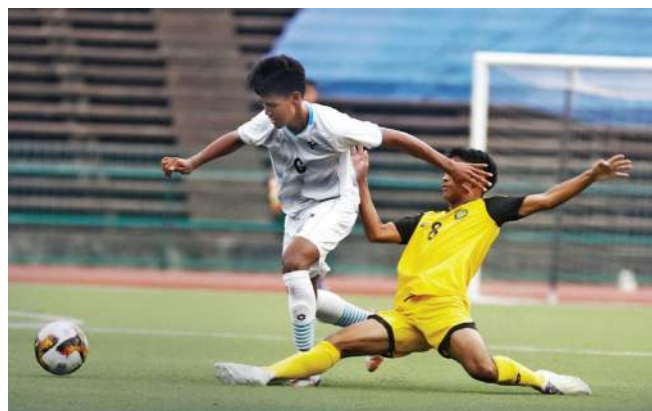
NMI

From Page 28

confident enough that it had the game in the bag after Naquiddin Abdullah's goal in the 90th gave the squad a 4-2 advantage. Abdullah went for a long shot and goalie Merrick Toves leapt to catch the ball with one Brunei player also jumping in trying to go for a header, but did not need one, as the NMI goalie had butterfly fingers and failed to push the ball out.

After Abdullah's shot, the NMI countered right away with John Michael Rojas sending a long pass to a sprinting Tenorio, who had two defenders on his sides plus Brunei goalie Riyan Aiman. The keeper, suddenly, just stood there, not anticipating a quick release from Tenorio, while the two other Brunei defenders were also caught off guard.

Fortunately for Brunei, after Tenorio's goal moved the CNMI within one, the Mich-



ASIAN FOOTBALL CONFEDERATION PHOTO

The CNMI's Sebastien Manabat, left, beats Eddy Shahrol Izzat to the ball during their game in Group G of the Asian Football Confederation U19 Championship 2020 Qualifiers last Saturday in Phnom Penh, Cambodia.

iteru Mita-coached squad did not have enough time to make one final push for a draw, as there were only four minutes left in the close game.

"Our first match against Brunei was an exciting one. The boys battled hard to get the win," team manager Russelle Zapanta said.

The CNMI forced Brunei to a standoff after the first half,

2-2. Midfielder Mohammad Eddy Shahrol drew first blood for Brunei in the 12th minute, while an own goal in the 32nd allowed the Commonwealth to knot the count. Forward Mohammad Aminuddin broke the deadlock eight minutes later, but Tenorio answered back in the 42nd to tie the game anew.

Mohammad Hadif Aiman then regained the lead for

Brunei in the 69th minute before Abdullah's chip eventually gave them the insurance against the persistent Teen Ayuyus, who took a lot of positives from their opener.

"The team environment has been great and things are positive despite the loss to Brunei. Tomorrow (today) will be another battle and the competition will only get harder," he added.

The Teen Ayuyus will face host Cambodia tonight and the close match against Brunei was what they needed to boost their confidence, as they brace for a series of tough games, starting today. The CNMI-Cambodia match is set for 6:30pm (9:30pm Saipan time).

Meanwhile, Malaysia edged Cambodia in the other game last Saturday, 5-4, and drew a bye for today's pair of matches. The other tiff tonight will have Thailand playing its first game in the qualifier against Brunei at 3:30pm (6:30pm Saipan time).



Giannis' double-double lifts Bucks over Raptors

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Saipan Tribune Sports

Strasburg opts out of \$100M deal with Nats

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SAIPAN TRIBUNE

Gritty game for NMI



ASIAN FOOTBALL CONFEDERATION

The CNMI's Sunjoon Tenorio, left, dribbles away from Brunei's Khoirunnaas Khalid during their game in Group G of the Asian Football Confederation U19 Championship 2020 Qualifiers last Saturday in Phnom Penh, Cambodia.

By ROSELYN B. MONROYO
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REPORTER

The CNMI proved to Brunei that it's no pushover during the opening game in Group G of the Asian Football Confederation U19 Championship 2020 Qualifiers last Saturday in Phnom Penh, Cambodia.

The Sunjoon Tenorio-captained CNMI Boys U19 National



Team gave Brunei a scare before the latter escaped with a 4-3 vic-



CONTRIBUTED PHOTO

CNMI players pay their respects to the Commonwealth flag before battling Brunei in the opening game in Group G of the Asian Football Confederation U19 Championship 2020 Qualifiers last Saturday in Phnom Penh, Cambodia.

tory in the curtain-raiser at the National Olympic Stadium.

Tenorio scored two goals, including the Teen Ayuyus' last in the first minute of extra time or just when Brunei was

See NMI on Page 27

Dandan 2 upsets GCA in finale

By KIMBERLY A. BAUTISTA
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REPORTER

Dandan Middle School 2 pulled off a 5-4 win over top seed Grace Christian Acad-



emy in the championship match of the Public School System Interscholastic Girls Middle School Basketball League last Saturday at the Marianas High School Gymnasium.

Shanesse Aldan hit the go-ahead 3-pointer to lift Dandan

See DANDAN on Page 27



KIMBERLY A. BAUTISTA

Dandan Middle School 2 players and officials pose for a photo with Public School System Athletic Program director Nick Gross during the awards presentation in the PSS Interscholastic Girls Middle School Basketball League last Saturday at the Marianas High School Gymnasium.

Making sense of Keto and intermittent fasting

I've spoken candidly on how the whole premise of a diet is to simply manage your food intake. No matter how many times you've been led to believe you're "hacking" your body, the real secret is discipline and consistency. Bullet-proof coffee or apple cider vinegar isn't going to save your behind from your expanding waistline if you fail to understand the principle of calories in/calories out in conjunction with daily movement.

Q: So, let me get this straight. There really are no benefits to doing keto or intermittent fasting?

A: There's evidence to suggest there are potential health benefits from both paradigms. But as far as improvements in body composition, there's no superior diet. From my understanding, the positive results are specific to the sedentary, and obese/overweight population. For this reason, it is not a magic bullet by any stretch of the imagination.

I'm not saying they don't work. Regardless of what you choose to do, fat loss

Ask DRE:

By DRE DELOS SANTOS
Special to the Saipan Tribune

Dre Delos Santos writes about fitness and nutrition for Saipan Tribune and TAGA Sports. He is a personal trainer at Gold's Gym. He is featured on fitness sites such as Weight Watchers, T-Nation, and STACK.



can occur because they both share a common theme with every other dietary practice. It should be noted that both disciplines are not optimal for lean body mass, which is critically important.

I will say one of the big reasons the ketogenic diet works very well for people who struggle with fat loss is because it's generally effective at suppressing appetite. And as we all know, the hardest part about losing weight is dealing with hunger.

Q: I'm in the process of losing weight. And I'm wondering, should I drop the weight first, and then tone? Or do it at the same time?

A: Dropping down to a

reasonable body fat should always come first because fat loss is much faster than muscle gain. Although, untrained individuals have a large capacity for concurrent muscle gain and body fat reduction they don't have to resort to such isolating means. In other words, as long as there's a form of progression and you're eating a sensible diet, keep getting after it. It won't take long for you to see visible, meaningful changes.

So, on the chance you're a newbie, it behooves you to not fall off the wagon because your body is highly receptive. Once that luxury is gone, it's gone. Take advantage of it.